



# Your Kidney Health

## Class Materials

Links to the class materials are listed below in blue.

We encourage you to review the materials before the class and write down questions you have.

- [Cooking Without Salt](#)
- [Nutrition and Lifestyle Choices to Manage Blood Pressure](#)
- [Getting Started with Eating Less Salt](#)
- [Sodium and Your Diet](#)

The following handouts are not available online and will be emailed to registered class participants.

- 5 Important Wellness Habits to Start At Home
- Kidney Friendly Grocery List



<https://www.ahs.ca/info/Page16878.aspx>

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**Primary Care  
Alberta**

Alberta Healthy Living  
Program