1 in 10 U.S. adults\* has kidney disease. If you have it, you're not alone.

## Kidney Smart<sup>sm</sup> Classes









:: Kidney Disease Education :: Expert Educators :: No Cost ::

## In class, you will learn:

- How kidneys function and the causes of chronic kidney disease
- How medications, diet and nutrition work together to help keep you healthy
- How to manage other related health conditions including diabetes and hypertension
- How to continue educating yourself and what treatment choices are available

## JOIN US FOR OUR NEXT CLASS

Tuesday, 04/28/2015 | 2:00 P.M.

Carmel Health & Living

118 Medical Drive(class will be in the Pub)

Carmel, In 46032

Find an upcoming class today at KidneySmart.org/Class or call 1-317-605-7334.

