

*Do you need help planning kidney-friendly eating?*

# Eating Smart for Your Kidneys



**Space is limited, so contact us to sign up and save your spot in a group today!**

**To sign up for Group 23, contact [programs@kidneyhi.org](mailto:programs@kidneyhi.org) (808) 589-5908**

NATIONAL KIDNEY FOUNDATION OF HAWAII

1314 S. King St.  
Honolulu, Hawaii  
96814

(808) 593-1515  
[www.kidneyhi.org](http://www.kidneyhi.org)

## VIRTUAL PROGRAM HOSTED BY ST. FRANCIS HEALTHCARE

Do you want to know more about diet for kidney disease stages 1-4? Join a multi-session interactive workshop hosted by a Registered Dietitian that will provide participants with help in planning kidney-friendly eating. Learn about kidney functions, causes of chronic kidney disease, diet effects on kidney disease, and lifestyle changes to manage disease progression. This workshop is open to people with kidney disease, those at risk, families, and caregivers.

GROUP 23 with St. Francis Healthcare

**Session 0 – Brief Zoom Test and Introduction, Friday, Feb 4**

**Session 1 – Basics for Eating Smart For Your Kidneys, Monday, Feb 7**

**Session 2 – Grocery Shopping Tips, Tuesday, Feb 8**

**Session 3 – Cooking Demonstration, Monday, Feb 14**

**Session 4 – Individual Goal-Setting Consultation, Tuesday, Feb 15, by appointment**

All Sessions, besides Session 4, will begin at 5:00 pm.

*Participants will benefit the most from participating in all sessions. Each participant who completes all sessions and an evaluation will receive a grocery store gift card!*



St. Francis

HEALTHCARE SYSTEM OF HAWAII  
A Legacy of Caring for Hawaii's People  
Live Every Moment



National Kidney Foundation® of Hawaii

follow us



@kidneyhi