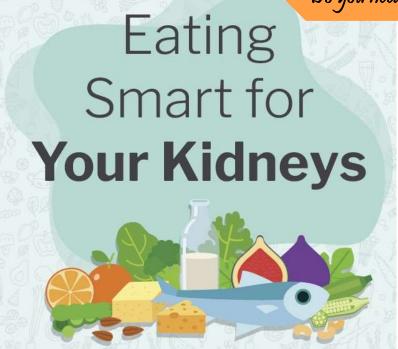
Do you need help planning kidney-friendly eating?



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 (808) 589-5908

NATIONAL KIDNEY FOUNDATION OF HAWAI'I

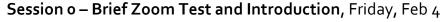
1314 S. King St. Honolulu, Hawaii 96814

(808) 593-1515 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 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.

National
Kidney
Foundation*

of
Hawaii

St. Francis

HEALTHCARE SYSTEM OF HAWAII

Live Every Moment



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!