

LIVING BETTER WITH KIDNEY DISEASE

A series of FREE Classes

St. Joseph Nephrology Services offers a series of four FREE classes to help people with kidney disease better understand their condition, learn ways to help preserve kidney function and live better. Taught by registered nurses, dietitians and social workers, the series is offered quarterly in two, two-hour-long sessions.

WHAT WILL YOU LEARN?

Session one

Kidney Disease and its Treatment

Get a general overview of kidney disease, how it affects the body and the types of treatment available.

Slowing Down Kidney Disease

Learn about the role of medication in slowing down kidney disease, including blood pressure and diabetes management.

Session two

Kidney Disease and What You Eat

Discover how foods affect your health while living with kidney disease. (Individualized counseling also available.)

What Will Dialysis Mean to Me?

Learn about resources and get suggestions for maintaining a normal life after starting dialysis.

2010 DATES

- Feb. 3 (session one) and Feb. 17 (session two)
- May 5 (session one) and May 19 (session two)
- Aug. 4 (session one) and Aug. 18 (session two)
- Nov. 3 (session one) and Nov. 17 (session two)

Time: 3–5 p.m.

Place: Room will be noted upon registration.
St. Joseph Medical Center, 1717 S. J St., Tacoma

Registration: 888-825-3227



INFORMATION

St. Joseph Nephrology Services, 253-426-6703
St. Joseph Dialysis Center Puyallup, 253-445-7520
St. Joseph Dialysis Center Gig Harbor, 253-853-2965

+ CATHOLIC HEALTH
INITIATIVES

St. Joseph Medical Center

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