

Community Presentation on Kidney Health

Wednesday, September 21, 2022
1:00-2:30 p.m.

Northshore Senior Center
Room 203
10201 E Riverside Drive
Bothell, WA 98011



Learn about kidney health and healthy eating at a free community presentation from Puget Sound Kidney Centers.

Hear about kidney health (45 minutes)

One out of 10 American adults has chronic kidney disease. This presentation explains why kidneys are so important to your health and how to keep them healthy. This class teaches kidney basics; how your kidneys work, what they need to stay healthy, and practical tips and tools to keep your kidneys working well. You will also learn what steps you can take to slow the disease down.

Learn about the kidney-friendly diet (45 minutes)

Eating well can keep your kidneys healthy and help slow the progression of chronic kidney disease. Taught by a renal dietitian, you'll learn nutrition basics for kidney health; what foods are good for the kidneys, how to shop for and cook kidney-healthy foods, and tips for eating healthy if you have chronic kidney disease. This session includes a cooking demonstration and food tasting.

For additional information or to RSVP for this free community presentation, contact the Lydia Barnsley at 425-268-1029 or email lydiab@mynorthshore.org

