



Learn How to Manage Your Kidney Health

In a no-cost Kidney Smart[®] class, certified kidney care educators will help you learn:

- How to create an action plan to manage your health
- What causes kidney disease
- What diet resources can help you manage your diet
- Why continuing to work may keep you happier and healthier
- How insurance counselors can help you navigate coverage

Join us for an upcoming class in:

Cattaraugus Indian Reservation Health Center
36 Thomas Indian School Dr. (GPS 1510 Route 438), Irving, NY 14081
Thursday, 2/25/2016 | 10:00 A.M.

Cattaraugus Indian Reservation Health Center
36 Thomas Indian School Dr.
Irving, NY 14081
Tuesday, 3/1/2016 | 1:00 P.M.

Community Health and Wellness Center
36 Thomas Indian School Dr.
Irving, NY 14081
Wednesday, 4/27/2016 | 5:00 P.M.

Register for a 90-minute class at KidneySmart.org/Class or call **716-532-5582 ext. 5235**.

