



## Learn How to Manage Your Kidney Health

In a no-cost **Kidney Smart<sup>®</sup>** 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**

**Dinner will be served**

Join us for an upcoming class:

**Lionel R. John Health Clinic- Wellness Center**  
987 R. C. Hoag Dr  
Salamanca, NY 14779

**Tuesday, 5/3/2016 | 5:00 P.M.**

**Contact Kelli Vanini at ext. 3293**

or

**Jody LaMarca at ext. 3242 to sign up**

Register for a 90-minute class at  
[KidneySmart.org/Class](http://KidneySmart.org/Class) or call  
**716-945-5894 ext 3293.**

