



## 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**

Join us for our next class:  
**Thursday, 9/15/2016**  
**1:00 p.m.**

**Cattaraugus Indian Reservation Health  
Center, Conference Room**

36 Thomas Indian School Dr. (gps 1510  
Route 438)

Irving, NY 14081

**EVERYONE WELCOME!**

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

