



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 our next class:

Tuesday, 11/15/2016

1:00 p.m.

Cattaraugus Indian Reservation Health Center

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

Irving, NY 14081

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

