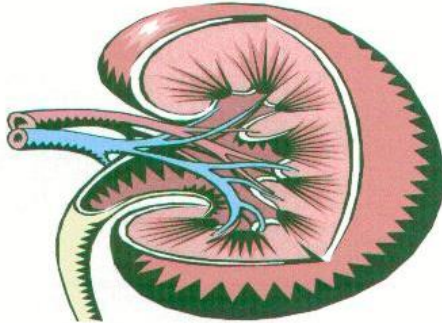


KIDNEY AWARENESS & PREVENTION OF CHRONIC KIDNEY DISEASE

HAYWARD/FREMONT • DEPARTMENTS OF NEPHROLOGY AND HEALTH EDUCATION



This class is to inform people about early signs and mild kidney failure. People with chronic conditions, such as **Chronic High Blood Pressure (hypertension) and Diabetes Mellitus Type 1 or 2**, are considered to be at high risk. The class will provide information on how to slow down the progression of permanent kidney damage as a result of these conditions.

Speakers include Doctors, Nurses and Dieticians who specialize in managing kidney disease.

Class is Free of Charge

DATES, TIMES & LOCATIONS

2nd Wednesday of every other month

Hayward Medical Center

Feb 11, 3:30-5:30 PM

June 9, 3:30-5:30 PM

October 13, 3:30-5:30 PM

Hayward Classes are in Conf. Room M2
Sleepy Hollow Bldg., 2nd Floor, Hayward

Fremont Medical Center

April 14, 3:30-5:30 PM

Aug. 11, 3:30-5:30 PM

December 8, 3:30-5:30 PM

Fremont Classes are in Conf. Room F
Niles Bldg., 2nd Floor, Fremont

For More Information and to Register Call:

Golda Nohay, R.N. or Tina Del Rosario, RN
in Hayward at

(510) 784-2082

OR

Dodie Arterburn, R.N.
in Fremont at

(510) 248-3345

