

Learn about ways to stay healthy while living with Kidney Disease

Join us for our 1 hour free class

# KidneySmart

Kidney smart is a FREE, 1 hour class for people with Chronic Kidney Disease, also known as CKD. The class is taught by Certified Educators who work with CKD patients every day. The course is open to anyone who has been diagnosed in Stages 1 through 4 of CKD. Classes are given in both English and Spanish.

This class will teach you to take control, make a plan and stay the course so that you can be the healthiest YOU! We look forward to seeing you soon!

**Class Location:**

Eastchester Road Dialysis  
1515 Jarrett Place  
Bronx, NY 10461  
Phone: 718-822-4940  
Contact person: Marissa

**Class Dates:**

Thursday, February 28<sup>th</sup> at 4 PM  
Thursday, March 28<sup>th</sup> at 4 PM  
Thursday, April 25<sup>th</sup> at 4 PM

To register for a class, call the number above or visit us at:

[www.kidneysmart.org](http://www.kidneysmart.org)