

FREE REGISTRATION

Living Your Best Life with Kidney Disease

March 9-11 Virtual Educational Forum



kidney.ca/patient-forum-2021



Living Your Best Life with Kidney Disease

The Kidney Foundation of Canada Virtual Educational Forum

Day 1: Tuesday March 9, 2021

- 1:00 pm*: Welcome and Opening and Territorial Acknowledgement
- 1:10 pm: Living Well with Kidney Disease
- 2:15 pm: Self-Advocacy – Knowing when to ask for help – A Fireside Chat
- 3:00 pm: Movement Break
- 3:20 pm: Complementary and Alternate Medication for Kidney Patients
- 4:05 pm: Managing Fatigue with Kidney Disease
- 5:00 pm: Moderated Networking Session

Day 2 Wednesday, March 10, 2021

- 3:45 pm: Welcome
- 4:00 pm: Concurrent Breakout Sessions (choose one - preregistration is not required)
 - Sex and the Kidney: Navigating Your Sexual Health with Kidney Disease
 - When to start dialysis?
- 4:45 pm: Movement, Wellness with Kidney Disease
- 5:30 pm: Active Break
- 5:50 pm: Concurrent Breakout Sessions (choose one - preregistration is not required)
 - Care Partners and Families of People with Kidney Disease
 - Peer support and Virtual Supports for People with Kidney Disease
 - Patient Empowerment
- 6:35 pm: Cooking with Chef Kris Gaudet
- 7:25 pm: Networking

Day 3: World Kidney Day, Thursday March 11, 2021

- 12:00 pm: Optional Session (this session requires separate registration)
 - Fertility and Family Planning with Kidney Disease
- 1:40 pm: Welcome
- 1:50 pm: Finding Humour in Difficult Topics
- 2:35 pm: Active Break: Find your Funny Side -Laughter Wellness Session
- 2:50 pm: Cannabis and the Kidney: What You Need to Know
- 3:35 pm: Closing Address

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*All times noted are in EST.