## Virtual Forum2023 Living Your Best Life with Kidney Disease





March is Kidney Health Month & March 9 is Word Kidney Day!

Join us on March 8 - 9, 2023 for our 3rd virtual forum covering various topics throughout both days. If you or your loved one is impacted by kidney disease, this FREE forum is a great way to engage with others, empower and educate yourself. You choose what sessions and how many you want to participate in.

## **Featured Sessions Include:**

Cook with Us
Empowering Self-Advocacy
Family Life with Kidney Disease
Networking
The Financial Burden of Kidney Disease
Traveling with Kidney Disease
Symptom Management
Research
Well-Being & Mindfulness

REGISTER FOR THIS FREE FVFNT TODAY!

kidney.ca/Events

## **Questions?**

## Contact:

kidneyprograms@kidney.ca 1-800-361-7494

