

Get Your Sweat On!

Exercising for Healthier Kidneys

Presented by Collette Powers, Renal Dietitian



During the webinar, the following points will be covered:

- Background on the benefits of regular physical activity and exercise relating to kidney function.
- The impact current research is showing on exercising in helping to slow down kidney disease progression.
- Strategies for getting started with a new exercise routine, along with tips to keep you motivated!

Join the call:

Date: Thursday, March 28, 2019

Time: 2:00 pm ET, 1:00 pm CT, 12:00 pm MT, 11:00 am PT

Dial: 877-399-5186

Enter Meeting Code: 433 459 5474