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

Learn more and RSVP at [www.dpcedcenter.org](http://www.dpcedcenter.org)