

Survive and Thrive with CKD 2023



Free 6 Week Course

If you've been told you have chronic kidney disease (CKD) you might feel overwhelmed or scared. Learning about your kidney disease can help you stay as healthy as possible, and you can take charge of your life and future. This 6-week program is for people with CKD stages 2-4, their family and friends. In weekly classes you will learn what kidneys do, how to promote kidney health with good nutrition and lifestyle changes, how to make a plan for your life and learn about treatment choices. Classes are offered in-person and virtually throughout the year, and taught by a doctor, dietitian, nurse practitioner, social worker and patient mentors.

Class Schedule

Session One: January 11 – February 15, 2:00 pm – 3:30 pm

NOW Virtual

Now Virtual!

- Class One – January 11
- Class Two – January 18
- Class Three – January 25
- Class Four – February 1
- Class Five – February 8
- Class Six – February 15

Session Two: March 1 – April 5, 5:00 pm – 6:30 pm

Virtual

- Class One – March 1
- Class Two – March 8
- Class Three – March 15
- Class Four – March 22
- Class Five – March 29
- Class Six – April 5

Session Three: May 17 – June 21, 2:00 pm – 3:30 pm

In-Person at Marvin William Center, Bremerton

- Class One – May 17
- Class Two – May 24
- Class Three – May 31
- Class Four – June 7
- Class Five – June 14
- Class Six – June 21

Session Four: August 16 – September 20, 2:00 pm – 3:30 pm

Virtual

- Class One – August 16
- Class Two – August 23
- Class Three – August 30
- Class Four – September 6
- Class Five – September 13
- Class Six – September 20

Session Five: October 4 – November 8, 5:00 pm – 6:30 pm

In-Person at Stillaguamish Health Center, Smokey Point

- Class One – October 4
- Class Two – October 11
- Class Three – October 18
- Class Four – October 25
- Class Five – November 1
- Class Six – November 8



Healthy Options

2023



Free 2 Week Course

This 2-week program is for people with chronic kidney disease (CKD) stages 4-5, who are preparing for dialysis or transplant. Family and friends are also welcome to sign up. In these classes you will learn about kidney disease and treatment options, dialysis access choices, healthy eating, living with kidney disease and how to choose a treatment that is right for you. Classes are offered in person and virtually throughout the year, and taught by a nurse, dietitian, social worker and patient mentors.

Class Schedule

Session One: 2:00 pm – 3:30 pm

In-Person - PSKC Mountlake Terrace

- Class One: February 16
- Class Two: February 23

Session Two: 5:00 pm – 6:30 pm

Virtual

- Class One: April 27
- Class Two: May 4

Session Three: 2:00 pm – 3:30 pm

In-Person - Bremerton PSKC

- Class One: July 13
- Class Two: July 20

Session Four: 2:00 pm – 3:30 pm

Virtual

- Class One: September 21
- Class Two: September 28

Session Five: 5:00 pm – 6:30 pm

In-Person - PSKC Smokey Point

- Class One: November 30
- Class Two: December 7

CKD can affect you and your family in many ways. When you learn about your kidney disease, how to live well and your treatment options, you can take charge of your life and future. You and your doctor can then work together to decide the best treatment for you.



To register for this class, call 425-259-1907, visit www.pskc.net/classes or email kidneytalk@pskc.net

