

# ***Chronic Kidney Disease***

## ***425-791-3087***

**2017**

**Classes 1st  
Friday of each  
month,  
9-11am OR  
1-3pm  
(alternating  
months)**

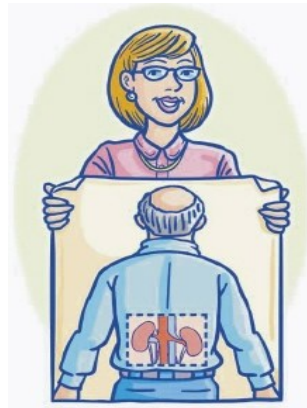
**Group class, with  
one-on-one  
appointment to follow.**



Jamie Kowatch, MS, RD, CDE  
Registered Dietitian

*Join us for an informative  
and interactive 2 hour class*

1. What is Chronic Kidney Disease (CKD), and what conditions increase your risk for CKD?
2. What do all of the labs mean? Nutrition changes—what they are and why.
3. Physical activity.
4. Goal Setting.



- Classes are open to all Western Washington Medical Group patients. Feel free to bring a support person with you!
- Cost: \$30 out-of-pocket!
- NO referral required
- Location: WWMG Silver Lake

***Contact Wendy at (425) 791-3087 to schedule***

**Silver Lake:**  
12728 19th Avenue SE, Suite 300  
Everett, WA 98208