



## **RENAL SUPPORT NETWORK'S MONTHLY SUPPORT GROUP** *for people who have kidney disease and their families*

**4TH SUNDAY OF EVERY MONTH  
2:30 PM - 4:30 PM**

**An assortment of drinks, sandwiches  
and desserts are served.**

**STUDIO HOPE**

**621 East Glenoaks Blvd. #B  
Glendale, CA 91207  
(818) 543-0896**

Finding support beyond that offered by family and friends can help you cope with the life changes of kidney disease. Support groups have shown to reduce loneliness, provide a sense of empowerment, improve coping skills, reduce anxiety, help develop a clearer understanding of what to expect and provide hope for the future. People who attend RSN's support group share their experiences, strength and strategies to live a hopeful and joyful life. Join us!

**For more Information visit [RSNhope.org](http://RSNhope.org)  
or email [info@RSNhope.org](mailto:info@RSNhope.org).**

*An illness is too demanding when you don't have HOPE! –Lori Hartwell*



**Lori Hartwell**  
RSN President and Founder  
*(kidney disease since 1968)*



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