



RENAL SUPPORT NETWORK'S ONLINE SUPPORT GROUPS *for people who have kidney disease and their families*

4TH SUNDAY OF EVERY MONTH
2:30 PM - 4:00 PM PACIFIC TIME

2ND TUESDAY OF EVERY MONTH
2:00 PM - 3:30 PM PACIFIC TIME

**There are no fees to attend, but
registration is required to protect the
privacy of attendees.
Sign up at RSNhope.org**

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 online support groups share their experiences, strength and strategies to live a hopeful and joyful life. Join us!

**For more Information visit RSNhope.org
or email 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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