

Renal Support Network's Zoom Room Meetings For People Who Have Kidney Disease

RSN's series of topical zoom meetings are informative and so much fun! Topics include the kidney diet, exercise, hobbies and more. Participants need not have a Zoom account. This is a great way to connect with others living with kidney disease, make new friends and learn new things. Sign up for a Zoom room meet up today!

There will be a link provided via email before each meeting. You will have the option of dialing in via a phone or you may access the Zoom link via smartphone, tablet, or computer.

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



People who attend RSN's support group share their experiences, strength and strategies to live a hopeful and joyful life. Join us!

Fourth Sunday of every month, 2:00pm – 3:30pm PT
Second Tuesday of every month, 2:00pm – 3:30pm PT



Get your much needed exercise with personal trainer, Edina Tanacs Classes are one hour long but you can opt to join for the first half hour, the second half hour or the full hour is you have time and are physically able.

Monday and Wednesday 4:00pm – 5:00pm PT



Chair Yoga & Dance led by Nicole Simpson is an adapted form of chair yoga with a dance component using integrated yoga moves coordinated to lyrics of timeless popular music.

Every Thursday 11:00am – 11:45am PT



Do you have a passion for creativity? Let's inspire each other! We'd like to know more about your creative endeavors, no matter what they may be. Share your current or past projects with us!

3rd Friday of each month at 4:00pm – 5:00pm PT

