

# SPEND SOME QUALITY TIME WITH YOUR KIDNEY KIN!



## JOIN RENAL SUPPORT NETWORK'S ONLINE KIDNEY DISEASE SUPPORT GROUPS

Renal Support Network's (RSN) series of topical zoom meetings are informative and so much fun. Topics include kidney disease support groups, 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 online meet up with your kidney kin today!

There are no fees, but registration is required in order to protect the privacy of attendees. You only need to sign up once for each class to begin receiving the Zoom link via email before the meeting date. Sign up at [RSNhope.org](https://RSNhope.org)



**Kidney Kin Foodies** will learn kidney diet tips and tricks from kidney transplant recipient and Renal Nutritionist Lubna Akbany, RDN, CSR.

3rd Wednesday of each month at  
1:00pm – 2:30pm PT



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

4th Sun., 2nd Tues.  
of every month  
2:00pm – 3:30pm PT

### **Kidney Kin Fitness.**

Get your much needed exercise every  
Mon. & Wed. 4:00pm – 5:00pm PT



### **Be Fit While You Sit,**

adapted chair yoga.  
Tues. & Thurs. 12pm - 12:45pm PT



Do you have a passion for creativity? Let's inspire each other in our **Get Creative Meet Up!** We'd like to know more about your creative endeavors!

3rd Fri. of every month  
4:00pm – 5:00pm PT

RSN is excited to bring passionate readers together to discuss inspiring stories with our **Kidney Kin Book Club.**

Next meeting: Sunday,  
June 5, 2022  
4:00pm – 5:00pm PT



[RSNhope.org](https://RSNhope.org)