



KIDNEY SEMINAR: Protect Your Kidneys, Protect Your Health

Learn how to prevent kidney
disease at our free seminar!

Presented by Fadi Akoum, MD Nephrologist

Did you know?

Kidney disease affects millions of people and its progression is often preventable with early detection and lifestyle changes. Join us for this eye-opening seminar on how you can reduce your risk and protect your kidneys for years to come.

What you'll learn:

- The early signs of kidney disease
- How common conditions like diabetes and high blood pressure impact kidney health
- Tips for maintaining healthy kidneys through diet, hydration, and avoidance of kidney damaging medications
- The latest advancements in kidney disease prevention and treatment

Who should attend?

Anyone concerned about kidney health, especially those at risk, including people with diabetes, hypertension, or a family history of kidney disease.

Thursday,
March 13, 2025

on World Kidney Day

5:00 p.m. to 6:30 p.m.

GSHCS Conference Centers 1 & 2
610 NW 11th St.
Hermiston, OR 97838

Heavy Hors d'oeuvres
& Dessert Provided

Please RSVP by March 10 at
541.667.3460 or [https://
GSKidneySeminar.eventbrite.com](https://GSKidneySeminar.eventbrite.com)

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