

MY DNEYS & ME

Helping you every step of the way to living
well with a kidney condition

- ✓ Do you have a kidney condition or a reduced kidney function?
- ✓ Do you have access to a smartphone, tablet or computer?
- ✓ Are you over 18 years old?

If the answers to the questions above are yes, you can access the free
My Kidneys & Me programme
Developed to help give you the knowledge, skills and confidence you
need to best look after your kidney health

If you would like to find out more, please come to our free information session on

DATE: Wednesday 10th September

TIME: 13.30

LOCATION: The waiting room, Four Shires Medical Centre

This is for Mann Cottage Surgery patients only.

If you would like to attend, please advise our team by – completing a website form

<https://moretondoctors.nhs.uk/services/managing-your-health-online/online-forms/contact-the-practice/> or speaking to reception.