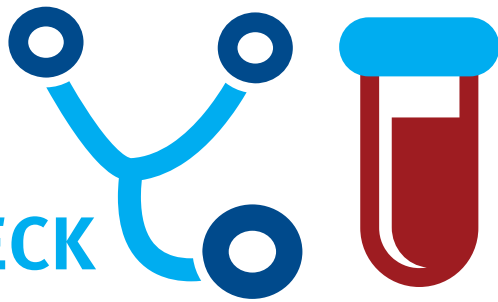


HOW TO CARE FOR YOUR KIDNEYS

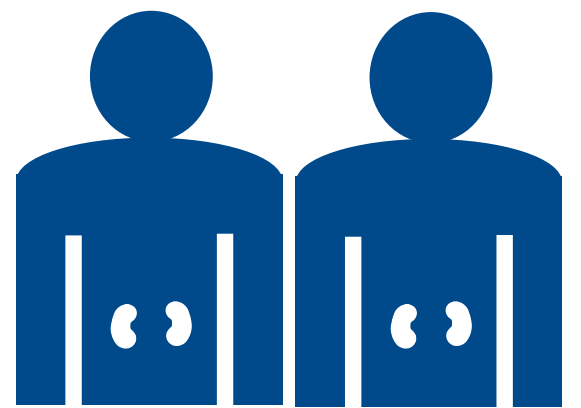
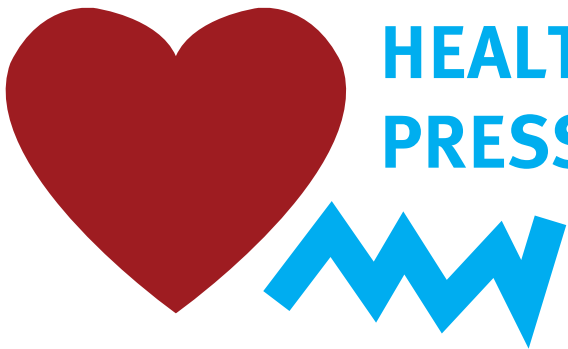
SEE YOUR DOCTOR FOR REGULAR CHECK UPS



MANAGE YOUR DIABETES



HAVE A HEALTHY BLOOD PRESSURE

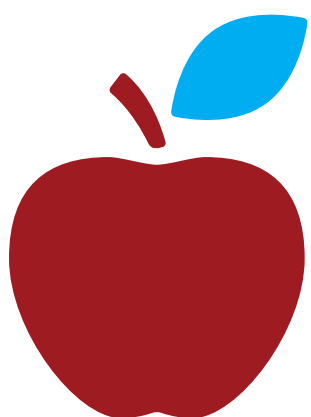
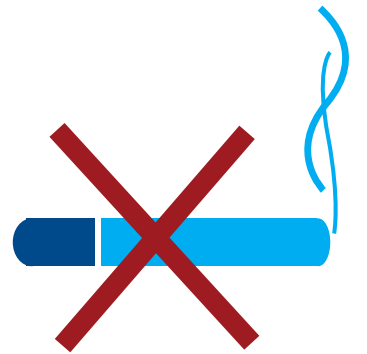


KNOW YOUR FAMILY'S KIDNEY HEALTH HISTORY

TAKE MEDICATION AS PRESCRIBED



STOP SMOKING

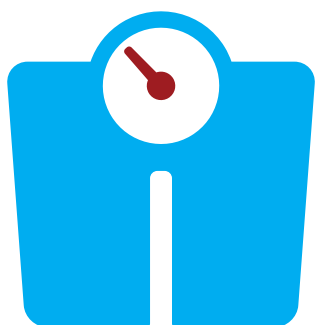


EAT HEALTHY

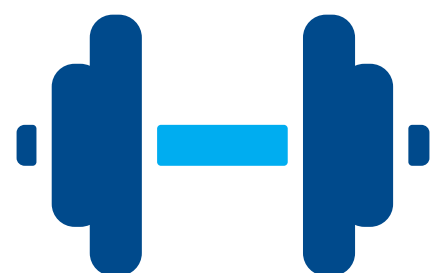


LIMIT ALCOHOL

AIM FOR A HEALTHY WEIGHT



BE ACTIVE



LEARN MORE:

kidneyhealth.ca
manitoba renal program