

GUEST SPEAKERS

Maintaining a healthy lifestyle through exercise



Wednesday, June 3
6:30 - 8:00 p.m. EST



Lisa Agatep,
DTP

This session will explore living with kidney disease at all ages, with a focus on maintaining a healthy lifestyle through safe and practical movement. Topics include the importance of pelvic floor exercises for individuals with kidney disease, gentle exercise options tailored to different stages of the condition, and proper ergonomics to help caregivers reduce strain and prevent injury. The presentation will be followed by a Q & A period.



Stephan Milosavljevic
RMT

Learn more at [kidney.ca/events](https://www.kidney.ca/events)

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