

GUEST SPEAKER

Grow with Gratitude



Tuesday, May 19
2:00 - 3:30 p.m. EST



Guest Speaker
Cassandra Troughton
Gratitude Guide



Discover gratitude as a simple daily practice that builds resilience and well-being. Learn how gratitude can shift your focus from what kidney disease takes away to moments of meaning, connection, and everyday wins, supporting mental, emotional, and physical health. Reduce stress, lift your mood, and move through your day with greater grounding and possibilities.

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

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