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# Health Care Resources

Scan the QR codes with your smartphone to find health education, free health care tools, and more.

## **DaVita's Kidney Smart® Class**

Take an in-person or online class in English or Spanish to learn how the kidneys work, what causes kidney disease, and how to manage it.

[KidneySmart.org](http://KidneySmart.org)

## **Kidney Care Journey**

From the American Diabetes Association, learn how to prevent kidney disease and manage it along with diabetes. You can also find information on lab screenings and educational resources in your area.

[diabetes.org/kidney-care](http://diabetes.org/kidney-care)

## **Today's Kidney Diet Cookbooks**

DaVita's diabetes- and kidney-friendly

# Orlando Area Resources

These resources are being provided for informational purposes only and are not a substitute for medical advice or treatment. Consult your physician regarding your specific diagnosis, treatment, diet, and health concerns. All third party resources are being provided as a convenience and do not constitute an endorsement or approval of the products, services or opinions contained on the third party websites. Third party websites are governed by the third party's privacy policy and terms of use. Davita is not responsible for the accuracy, legality, or content of the external site or any subsequent links.



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