

# Are you the **1 in 3** at risk for kidney disease?



Find out at a **free** kidney health check!

**Saturday, April 13, 2019**

**9:00 a.m. - 1:00 p.m.**

**Buddhist Tzu Chi Foundation**

**2355 Oakland Rd., San Jose, CA 95131**



**Risk factors include:** diabetes and high blood pressure.

**What to expect at the event:** Risk survey, blood pressure check, body mass index (BMI) measurement, an opportunity to speak with a healthcare professional, free educational materials, and for individuals at risk, an ACR urine test for albumin (a type of protein). *Must be 18 years of age or older to participate.*

**Pre-register for screening appointment:**

**call 888-427-5653 or email [celine.koh@kidney.org](mailto:celine.koh@kidney.org)**



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