



kidney wellness hub

The Kidney Foundation's Kidney Wellness Hub is a FREE virtual space for the kidney community that provides customized kidney health and wellness information to support the health and wellbeing of kidney patients with a focus on the most vulnerable, newly diagnosed and care partners.



The Kidney Wellness Hub is an interactive on-line resource that provides kidney customized tools, instructional videos and resources to promote and support wellness related needs of our kidney community, including:

- Newly Diagnosed
- Staying Active
- Eating Well
- Mental Wellbeing
- Socially Connecting
- Educational Resources



Start Your Kidney Wellness Journey at:

kidneywellnesshub.ca