

CITY OF FOUNTAIN VALLEY

10200 SLATER AVENUE, FOUNTAIN VALLEY, CA 92708

714-593-4400

PRESS RELEASE

John Sibley, Interim City Manager _____

**TO: News Media
DATE: May 29, 2017**

**CONTACT: Yolanda Rios Markey
Recreation Coordinator
714-593-4446**

Keeping Your Kidneys Healthy

Join us as Dr. Sajeet Sawhney, a nephrology specialist from Fountain Valley Regional and Medical Center discusses methods on how to protect and maintain your kidney health. Learn about what the kidneys do, why they are important to your health, and who is at risk for kidney disease.

This is a free seminar for seniors 55 and older. It will be held at The Center at Founders Village Senior and Community Center, 17967 Bushard Street, Fountain Valley, on Thursday June 8, 2017 from 2pm to 3:30pm. To reserve your seat, please RSVP to (714) 979-1408. Light refreshments will be served.

For additional information on this program and other recreation programs, please call the Fountain Valley Recreation and Community Services Division at 714-593-4446 or visit our website at www.fountainvalley.org.

Recreation and Community Services – Promotes Health and Wellness