

# KIDNEYS Quest Foundation

## Update: Virtual Monthly Group Meetings



### Monthly Education and Support Program

for Renal Patients, where patients diagnosed with kidney disorders meet to provide encouragement and promote healthier living. KQF has monthly support group meetings that are structured to help patients and families understand the disease process, how to cope with renal disease, treatment options and alternatives available and medical concerns. Meetings are also a forum for patients to discuss concerns, fears, challenges, opportunities and share experiences.

### KQF Monthly Kidney Fitness Program

A variety of simple exercises to create positive energy within the kidney patients, a desire to build strength, conditioning, improve balance to be capable of accomplishing more activities throughout their day. To gain greater motivation to lead a healthy lifestyle, confidence through self-realization, building persistence and endurance through this program.

Meeting Every Saturday  
We will Discuss our Education  
Monthly Topic, Kidney Fit, Support  
Group  
2:00pm to 5:00pm  
Click Below at Time of Scheduled  
Meeting

[Click Here to Access Saturday  
Meeting](#)

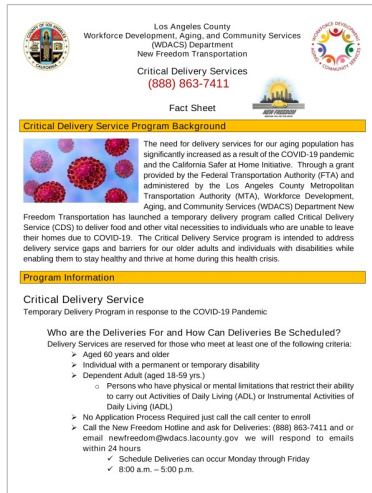
Monthly Every 3rd Wednesday  
We will Discuss our Education  
Monthly Topic, Kidney Fit, Support  
Group  
12:00pm to 2:00 pm  
Click Below at Time of Scheduled  
Meeting

[Click Here to Access Wednesday  
Meeting](#)

Register in advance for this each meeting

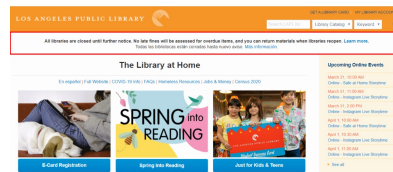
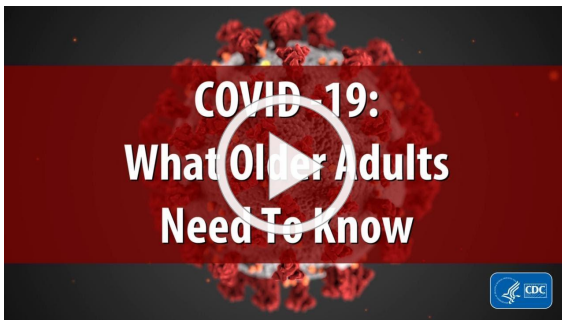
[Click Here to Registrar](#)

After registering, you will receive a confirmation email containing information about joining the meeting.



At the library you can find many wonderful online resources that are free with your library card. If clients need a library card, they can easily register for an *E-Card* that gives full access to all that the library has to offer online. For the first time ever, the library is offering a *Spring Reading Challenge*. It is all online and both parents and students can earn digital badges for reading and doing digital challenges. Families can even attend *Safe at Home Storytimes*. Click the link below to see this and much more...

Los Angeles Public Library @ Home  
<https://lapl.org/>



Many Blessings  
As your Home Safe  
may your heart be filled  
with  
the blessings of God's  
grace  
and the fullness of His  
Love.

Kidneys Quest Foundation Inc. | 818.521.6348 | [carolyn@kidneysquestfoundation.org](mailto:carolyn@kidneysquestfoundation.org)  
| [www.kidneysquestfoundation.org](http://www.kidneysquestfoundation.org)

Connect with us

