

# DROP IN CLINIC

For Early Detection of Kidney Disease

**January 20, 2026, 11am-3pm**

**Rideau Community Health Services**  
2 Gould St, Unit 118, Smiths Falls



**Indigenous-led, Indigenous-focused healthcare in our communities**

If you or someone in your circle of care has a history of kidney disease, high blood pressure or diabetes, come to our free, drop-in kidney check clinic. Everyone welcome.

**TRADITIONAL LUNCH FEAST**

**MÉTIS SPIRIT BEAD PAINTING**

**DRAWS / RAFFLES**

**LEARN SIMPLE STRESS REDUCTION TECHNIQUES**

**EDUCATIONAL AND COMMUNITY RESOURCES**

**Look for the Indigenous Interprofessional Primary Care Team (IIPCT) mobile van out front!**

