



# UCLA Kidney Health Fair

Join us for a fun and educational day designed for patients and their children, friends and families living with kidney disease, high blood pressure, and diabetes.

This is also our major fundraising event of the year. Education, entertainment, *KIDney* zone, music, raffles, silent auction, and optional 2K walk or 3K run



**Sunday, March 26, 2017**  
**11:00 am – 3:00 pm**

Santa Monica Beach Park #1  
Ocean Park Blvd. & Barnard Way  
Santa Monica, CA 90404

## Learn about:

- Kidney Disease
- High blood pressure
- Diabetes
- Dialysis
- *KIDney* Zone
- Alport Syndrome
- Transplantation
- PKD
- Fabry
- Integrative medicine
- Spanish
- Eating well
- Fitness and exercise
- Meditation and yoga
- And more!

For more information, contact us at (310) 954-2692 or email [BruinBeans@mednet.ucla.edu](mailto:BruinBeans@mednet.ucla.edu)



Register: <https://uclahealth.org/nephrology/events>

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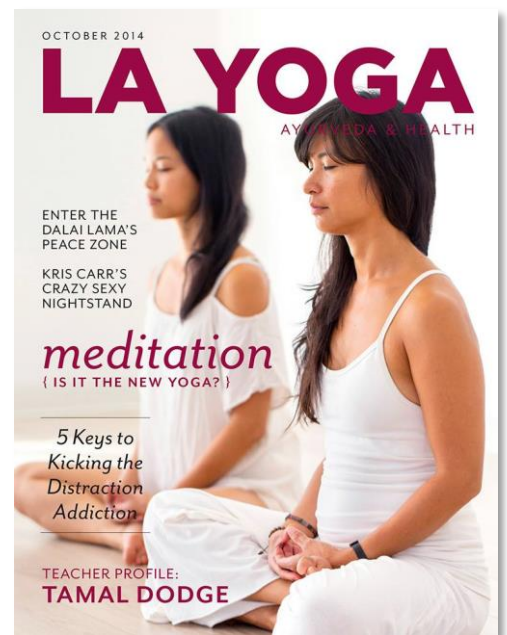
***Bring your mat for a fun yoga class!***

Natalie Macam is a Yoga Teacher. She is delighted to land in LA after her 8-year stint in Asia and her resident yoga schedule is in Los Angeles at Malibu Beach Yoga and Agoura Power of Yoga.

Her heart-based joyful classes offer an opportunity for students to experience and deepen their own yoga practice and come home to themselves. Her classes are often marked by opening and closing the class with her harmonium and essential oils.

***As part of her Yoga expertise, she will be demonstrating key Yoga poses that will help those with kidney disease.***

Natalie loves chanting, often sings to her students in Savanna. She strives to best serve the community by cultivating and embodying calm, kindness and compassion so her students can sense their highest state of peace. Natalie finds inspiration from all her teachers and students to live life with spontaneity, to remain close to the source and to move deeply in tune with the pulse of the universe. She is excited to heal, evolve, and transcend through Yoga and other conscious thoughts and actions.



**Natalie Macam**  
Yoga Teacher