



# Docs in the Kitchen

LOW SALT AND FULL OF FLAVOR

Saturday, September 30th | 4:00 PM to 6:00 PM

Skip the salt shaker and discover how to make low-sodium meals that please the palate. Join us for our groundbreaking Docs in the Kitchen program, created in partnership with the University of Arizona, as we invite Chief of Gastroenterology and Hepatology at the University of Arizona Juanita Merchant, MD and Director of the University of Arizona Nephrology Fellowship Amy Sussman, MD along with Hacienda at the River's very own Chef David Sullivan for a fun and informative cooking demonstration.

Find out how maintaining a low-sodium diet can help kidney disorders, high blood pressure, and heart disease while learning how to keep things flavorful with savory spices and cooking techniques. We'll share small bites and wine as well as a plated dinner, so bring your appetite for culinary adventure!

*This event is a fundraiser with a portion of the ticket price going to the University of Arizona Foundation and net proceeds benefiting the University of Arizona Gastroenterology and Nephrology programs. Tickets are \$100 per person, \$70 of which qualifies as a tax-deductible donation. Payments are processed by the University of Arizona.*



Space is limited for this exclusive, by-invitation event.  
Please call 520-900-1274 by September 26th to RSVP.

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