

**World
Kidney
Day™**

World Kidney Day
is a joint initiative of:



How to improve your kidney health



**Monitor your
BLOOD PRESSURE**



Keep fit and ACTIVE



DON'T smoke



**Eat healthily and keep
your WEIGHT in check**

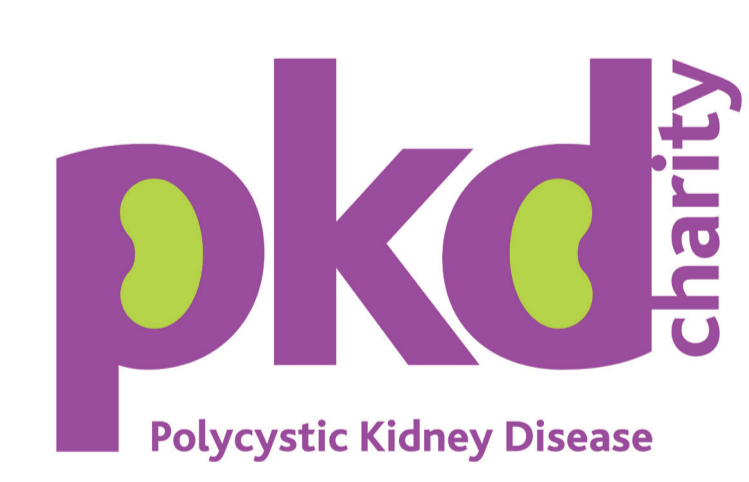


**Get your kidney
function TESTED**



Keep well HYDRATED

World Kidney Day in the UK is led by the Kidney Charities Together Group



Contact us...

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