The Reasons Why We Walk

$100 will pay for an emergency request for a person kidney disease. Requests include food, medication, utilities, etc.

$500 will send a child with kidney disease to Kids Camp for one week

$1,500 will provide 20 Enhance Fitness classes to adults to improve their functional fitness and well-being

$350 will pay for a person to go through Better Choices, Better Health, an online chronic disease management program

$750 will provide education to two early childhood classrooms about the benefits of healthy nutrition and lifestyles with the goal of preventing kidney disease

$1,000 will provide education scholarships for two individuals with kidney disease

$350 will pay for a person to go through Better Choices, Better Health, an online chronic disease management program

Kidney Disease Facts

More than one million people in Michigan have chronic kidney disease.

Diabetes and high blood pressure are the two leading causes of chronic kidney disease.

One in three children born in 2000 in the U.S. will develop diabetes.

Symptoms may not appear until the kidneys are actually failing, therefore, millions with kidney damage remain unaware and are not taking the steps to protect the health of their kidneys.

Visit nkfm.org to find risk factors for kidney disease, how to keep your kidneys healthy, and more information.