

HEALTHY KIDNEYS BRIGHTER DAYS!

Small Steps Today... A Healthier Tomorrow!

I'm your
kidney friend!
Let's take care
of our kidneys
together!



DRINK WATER

Helps your kidneys
flush waste and
keep you healthy. ♥



CHOOSE NUTRITIOUS FOODS

Fruits, vegetables
and healthy choices
give your kidneys
the good stuff. ♥



STAY ACTIVE

Movement supports
overall kidney health
and helps you feel
your best. ♥



TAKE CARE OF YOURSELF

Get enough rest,
manage stress and
keep up with your
healthcare visits. ♥

HEALTHY
KIDNEYS
SUPPORT A
HEALTHY YOU!



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