

## Sharing Your Journey with Kidney Disease:

### How to Share Your Story to Promote Kidney Disease Awareness

<b>Session Time</b>	March 23 <sup>rd</sup> , 2023 from 7:00-8:00 pm ET
<b>Session Description</b>	In this interactive workshop, you will have the opportunity to learn from Tamara Walker on how to share your story to promote kidney disease awareness. Sharing your journey with kidney disease can help you connect with other advocates. It can also help others understand the risk factors of kidney disease and encourage them to maintain a healthy lifestyle to protect their kidneys as well as learn more about their family history with kidney disease.
<b>Key Learning Objectives</b>	<p>When sharing your story to promote kidney disease awareness, keep the following in mind:</p> <ol style="list-style-type: none"> <li>1. A medical background is not required to raise awareness.</li> <li>2. Sharing your story can provide inspiration or motivation to individuals who are newly diagnosed with kidney disease.</li> <li>3. You can raise kidney disease awareness by speaking with family and friends, posting on social media, or throughout your community.</li> </ol>

**Moderator:** Tamara Walker, American Kidney Fund Ambassador and Kidney Health Coach – How to Share Your Story to Promote Kidney Disease Awareness

#### Takeaway Resources:

- ✓ [AKF – Kidney Health Coach](#)
- ✓ [AKF – Know How to Prevent Kidney Disease](#)
- ✓ [AKF – Kidney Disease Risk Factors](#)
- ✓ [AKF – CKD Toolkit](#)
- ✓ [AKF – Share Your Kidney Story](#)