

WORLD KIDNEY DAY

In conjunction with World Kidney Day, the Health Ministry, Malaysian Society of Nephrology and National Kidney Foundation are organising a Family Walkathon 2016 on March 12 at Taman Metropolitan Kepong (Kepong Metropolitan Park) from 7am to 1pm. The walk is open to adults and children and encompasses a distance of about 3.5km around the park. Registration fee is RM25 per adult of those 18 years and above and RM15 per child of below 18 years. There will also be activities like family colouring contest, diet counselling, health exhibition, free health screening. To register, visit www.nkf.org.my or call 1300 88 3110 or 03-79549048.