

Walk for World Kidney Day

THIS year, World Kidney Day 2016 is on March 10 and the theme is Kidney Disease & Children – Act Early To Prevent It.

In conjunction with the campaign, the Ministry of Health, the Malaysian Society of Nephrology and the National Kidney Foundation are organising the Family Walkathon 2016 on March 12 at Taman Metropolitan Kepong, Jalan Lingkaran Tengah 2, Kuala Lumpur, from 7am to 1pm.

Open to adults and children, the walk covers a distance of 3.5km around the park. Registration fee is RM25 (18 years and above) and RM15 (children below 18).

In addition, there will be a family colouring contest, diet counselling, health exhibition, free health screening and other exciting activities.