

## **SUPERHERO MARATHON**

The National Kidney Foundation of Malaysia is organising a superhero-themed dance marathon in conjunction with 2016 World Diabetes Day on Nov 13. The marathon from noon to 2pm will be held at LG2,, Blue Concourse, Sunway Pyramid. The event is expected to see 500 participants dance to a variety of dance styles such as zumba and Sh'Bam, led by Celebrity Fitness Malaysia instructors. Participation is RM30 per person. Other activities during the day include free health screening, buskers' performances and colouring contests. To sign up, visit [www.nkf.org.my](http://www.nkf.org.my)