

全國腎臟基金會 (NKF)

開放日

马来西亚全国肾脏基金会 (NKF) 旨在通过举办NKF开放日2019年，让民众更了解肾脏健康的重要性。当天的节目有宝莱坞健身舞揭开序幕，免费健康检查如身体质量指数 (BMI)、腰围、血压及血糖检验。

📅 3月14日 (星期四)

🕒 上午8:30至下午4时

📍 八打灵再也14区NKF资源中心

50th ANNIVERSARY 1969-2019

KIDNEY HEALTH

World Kidney Day

NKF OPEN DAY 2019

IN CONJUNCTION WITH WORLD KIDNEY DAY 2019

Date: 14 March 2019 (Thursday) | Venue: HEP-BERJAYA Resource Centre | Time: 10:00am - 2:30pm

Bollywood Fitness Dance
Instructor: Mr. Kirenjit Singh
8:30am - 9:30am

Health Screening

FREE

- ✓ Body Mass Index
- ✓ Blood Pressure
- ✓ Blood Glucose
- ✓ Urine Test
- ✓ NKF Counselling
- ✓ Blood Cholesterol

10:00am - 2:30pm

Health Talk

Topic 1:
KIDNEY STONES
Let's Know It Better
10:00am - 11:00am

Topic 2:
Know your **MEDICINE!**
11:00am - 12:00pm