

Free health screening programme and blood donation campaign on March 9

KUCHING: A free health screening programme and blood donation campaign will be organised at the Spring Shopping Mall here on March 9 in conjunction with World Kidney Day 2024.

Jointly organised by the National Kidney

Foundation (NKF) Malaysia and Malaysian Red Crescent (MRC) Stampin Chapter, the event will run from 10am to 2pm.

For the free health screening programme, NKF Malaysia will conduct checks on body mass index, waist circumference, urine test, blood glucose,

cholesterol, blood sugar and counselling.

There will also be a health talk, quiz, healthy snack cooking competition, lucky draw and games.

Successful blood donors will each receive a goodie bag.

For enquiries, call Wendy on 019-8182244.