



Action for Kidney Health Calendar | February 2021 - Speak Up and Share

Observances: American Heart Month and Boost Your Self-Esteem Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 National Freedom Day	2 Groundhog Day	3	4	5 National Wear Red Day	6
7	8	9	10	11	12	13
14 Valentine's Day National Donor Day	15 Presidents Day	16	17	18	19	20
21	22	23	24	25	26	27
28						
<p>Tell Us What You Think Visit www.surveymonkey.com/r/2021AKHcalendar or scan this QR code to complete a short survey and share what actions you are taking for your kidney health.</p> 						

Monthly Actions For Kidney Health



Share a concern or an idea with the clinic team to improve care at the clinic.



Ask about doing your own set up and/or needle sticks. Self-care can make you more confident about doing home dialysis.



Share your transplant story or listen to one at: esrdnetwork12.org/patients/patient-stories/.



It's ok to kindly ask the staff to wash their hands before working with you.

For more information or to file a grievance, please contact:

ESRD Network 10
911 E. 86th St., Suite 202 | Indianapolis, IN 46240
Toll Free Patient Line (800) 456-6919
ESRDNetwork10@qsource.org

ESRD Network 12
920 Main, Suite 801 | Kansas City, MO 64105
Toll Free Patient Line (800) 444-9965
ESRDNetwork12@qsource.org



ESRDNetwork10.org | ESRDNetwork12.org

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