



Action for Kidney Health Calendar

January 2021 - Active and Healthy Living

Observances: Glaucoma Awareness Month and Healthy Weight Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					New Year's Day 1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	Martin Luther King Jr. Day 18	19	20	National Hug Day 21	22	23
Healthy Weight Week Jan. 17-23						
24	25	26	27	28	29	30
31	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.					

Monthly Actions For Kidney Health



Set a weekly activity goal, adding 10 minutes of activity each day can improve your health.



Talk with a home patient about how doing dialysis at home helps them remain active.



Regular exercise can help your overall wellness and will help you be ready for the transplant call and speed recovery time.



Wash your hands often at home and before and after dialysis.

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.org](https://www.ESRDNetwork10.org)

ESRD Network 12

920 Main, Suite 801 | Kansas City, MO 64105

Toll Free Patient Line (800) 444-9965

[ESRDNetwork12.org](https://www.ESRDNetwork12.org)



[ESRDNetwork10.org](https://www.ESRDNetwork10.org) | [ESRDNetwork12.org](https://www.ESRDNetwork12.org)

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