WKD 2021 Report

**Name:** Aegina Open Walk dedicated to World Kidney Day 2021

**Organization name:** Saronic Nephrological Center

**Country:** Greece

**Number of events organized/collection in your country:** 1

**Activities of note (please give a brief description of the activity with links to online sources that mentioned it):**

An Open Walk dedicated to World Kidney Day on the occasion of “LIVING WELL WITH KIDNEY DISEASE”. Citizens, carers, volunteers, the Staff of NAMA HEALTH CLUB, and the Dialysis Unit’s Staff in Aegina Island Greece, participated in this event, declaring their support to patients suffering from CKD and their carers. The messages they wanted to express to kidney patients and their caregivers:

1. **STAY ACTIVE**
2. **NEVER GIVE UP**
3. **REMAIN OPTIMISTIC**
4. **CONTINUE SOCIALIZING**
5. **THINK POSITIVE**
6. **USE YOUR SMILE TO CHANGE THE WORLD**
7. **DISCOVER YOURSELF CHARISMAS**
8. **LIVE YOUR LIFE TO THE FULLEST**
9. **SET DAILY GOALS**
10. **BE ENTHUSIASTIC WHATEVER YOU DO**
11. **LOVE TRULY WITH PASSION**
12. **STAND BY OTHER PATIENTS**
13. **YOUR EXPERIENCE MAY OFFER VALUABLE SUPPORT TO OTHERS**
14. **GET INVOLVED TO YOUR TREATMENT’S DECISIONS**
15. **DISCUSS ALL YOUR CONCERNS WITH YOUR NEPHROLOGIST**
16. **DON’T BE AFRAID EXPRESSING YOUR FEELINGS**
17. **INSPIRE OTHER PATIENTS AND CAREGIVERS**
18. **OFFER SUPPORT TO YOUR CAREGIVERS**
19. **HELP OTHERS MANAGING DISEASE’S CONSEQUENCES**

Kidney Disease shouldn’t be an obstacle to improve our daily life. Small habits like walking help us to boost self-esteem and reduce symptoms of social withdrawal, to reduce anxiety, depression and address a negative mood.

Facebook link: [https://fb.watch/4gERpYVyiX/](https://fb.watch/4gERpYVyiX/)

Youtube link: [https://www.youtube.com/watch?v=YBC6X1czx68](https://www.youtube.com/watch?v=YBC6X1czx68)

List of media that published WKD press releases or mentioned WKD related activities (newspapers, magazines, online publications, TV, radio, etc..) – please provide link to online sources:


If you have created a World Kidney Day local website, Facebook page or Instagram account, please provide analytics such as: number of followers/number of site visits in March/ content most requested/page views/posts most liked/hashtag reach, etc....

List of celebrities involved and short description of their involvement

Description of advocacy activities: The local police station helped in the smooth conduct and the guarding of the event

Attach representative pictures

https://psnrenal.gr/?p=3104


https://taeniko.wordpress.com/2021/03/11/%CF%80%CE%B1%CE%B3%CE%BA%CF%8C%CF%83%CE%BC%CE%B9%CE%B1-%CE%B7%CE%BC%CE%AD%CF%81%CE%B1-%CE%BD%CE%B5%CF%86%CF%81%CE%BF%CF%8D-11-3-2021/