



# WKD 2021 Report

---

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

**Organization name:** Saronic Nephrological Center

**Country:** Greece

**Number of events organized/collected 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
8. 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/>

Youtube link: <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:**

<http://aeginalight.gr/article.php?id=111274>

<https://www.saronicmagazine.gr/saronikos/aigina/28977-aigina-drasi-gia-tin-pagkosmia-imeranefroy-video>

<https://www.nephron.gr/enimerwsi-gia-tous-nephrous/aegina-open-walk-gia-tin-pagosmia-imeranefrou/>



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

<https://www.aeginportal.gr/eidiseis/deltia-typou/29949-drasi-apo-ti-monada-aimokatharsis-aiginas-gia-tin-pagkosmia-imeranefroy.html>

<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/>

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









# World Kidney Day™

11 March 2021







