



# WKD 2023 Report

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**Name:** Hazel Katrina R. Lambo

**Organization name:** Renal Center for Western Mindanao

**Country:** Philippines

**Number of events organized/collected in your country:** 2

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

Zamboanga City Medical Center Department of Renal Center for Western Mindanao Dialysis Unit World Kidney Day Fun Run 2023.

ZMC Renal Center for Western Mindanao joined the global celebration of World Kidney Day 2023 by organizing a 5-kilometer Fun Run. Held last March 5, 2023, at Upper Pasonanca, the event was aimed at promoting awareness about kidney health.

The event started with a warm-up and stretching session. Participants were also given a brief talk about the importance of maintaining good kidney health and how to prevent kidney diseases. The runners, who came from different parts of Zamboanga City, were excited to take part in the event and showed their enthusiasm by wearing matching t-shirts by the ZCMC Renal Center.

After the warm-up session, the runners were flagged off to start the 5-kilometer run. The route was challenging yet scenic, with participants running through some of the city's most beautiful landscapes. There were hydration stations set up along the way to ensure that the runners stayed hydrated and energized throughout the run.

When every runner finishes returning, a Zumba session has been conducted to cool down. Participants danced to upbeat music and followed the lead of the instructors, who ensured that the routine was easy to follow and enjoyable.

The event was not just about promoting physical fitness but also about raising awareness about the importance of kidney health. Participants were reminded of the significant role that kidneys play in maintaining overall health and were encouraged to adopt healthy habits to keep their kidneys functioning properly. Awarding of the first three finishers with medals was conducted after the Zumba, and certificates of participation were given to all participants. The event was a huge success, with many participants saying that they were looking forward to participating in next year's World Kidney Day Fun Run.



ZCMC Renal Center for Western Mindanao has been providing quality kidney care for many years and is committed to raising awareness about kidney health in the community. Through events like the World Kidney Day Fun Run, they hope to encourage more people to take an active role in maintaining good kidney health and support those who are suffering from kidney diseases.

**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....**

<https://web.facebook.com/profile.php?id=100078763752046>

for the past 28 days, number of posts reaching 20, 149, post engagement a total of 5, 122 and 63 post likes total of 477 Facebook followers.