



JOIN THE MOVEMENT

Take the Pledge for Healthy Living

It's important to maintain an active and healthy lifestyle to manage your kidney disease.

Dialysis patients must pay close attention to their overall health and diet by making healthy lifestyle choices.

Having optimal levels of physical activity and maintaining proper nutrition is key to improving your overall emotional wellness. It not only will increase your energy, but also improve your quality of life.

The IPRO End-Stage Renal Disease Networks facility staff invite you to join other dialysis patients in pledging to actively manage your well-being.

Healthy Living Pledge

- I pledge to put myself, my health, and my well-being first.
- I pledge to work with my Wellness Champion and interdisciplinary team (IDT) to make healthy choices for myself.
- I pledge to bring a friend along for the ride.



***Motivation gets you started,
but MOVEMENT keeps you going.***

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

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