



**NEPHCURE®**  
Kidney International

# 2023 KIDNEY MONTH BINGO CARD

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Make a kidney-friendly dish from the NephCure cookbook

Share a NephCure resource with a friend or family member

Start a fundraiser

Participate in a NephCure virtual support group

Share your favorite NephCure memory

Get out and volunteer — with NephCure or another organization!

Complete a wellness activity (go for a walk, call a friend, etc.)

Share your story on NephCure.org

Share your favorite inspirational quote that's helped you on your RKD journey

Visit the NephCure Advocacy Action Center and connect with a congress member

Sign up for the NephCure monthly newsletter

Express your RKD journey through art (painting, poetry, music, etc.)

**Free Space!**

Participate in the RKD & Me campaign and write a letter to your younger self

Post a photo showing the reality of day-to-day life with RKD

Follow NephCure on social media

Make a video sharing your story

Join the NephCure Action Network

Explore Kidney Health Gateway to see if you qualify for a trial

Complete our nephrotic syndrome kids' experiment

Talk to your doctor about NephCure & ask them to share with other patients

Become (or recruit) a Curemaker

Meet up with someone in the RKD community

Share how NephCure has helped you on your RKD journey

Explore the 'Get Involved' page on NephCure.org