



SATURDAY, MARCH 29, 2008

kidney education

A FREE EDUCATION PROGRAM ON KIDNEY DISEASE

THAPELO Institute, Inc.
in cooperation with
**MIKE, the American
Kidney Fund's
Minority Intervention
and Kidney Education
Program will be offering
EDUCATION and
FREE SCREENINGS*
FOR KIDNEY DISEASE.**

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**SOUTH PARK BAPTIST CHURCH
3722 South King Drive - Chicago, Illinois
Rev. Dr. E.R. Williams Jr., Pastor**

8:00 a.m. 'til noon - FREE SCREENING FOR DISEASE*

10:00 a.m. 'til noon - EDUCATIONAL PROGRAM

***(For Best Results Fasting Is Recommended After 9:00 p.m.)**

sponsors

MIKE
Minority Intervention &
Kidney Education

A Program of the
American Kidney Fund



**THAPELO
INSTITUTE, INC.**

how to prevent **KIDNEY DISEASE**

- Live **HEALTHY!** Eat low fat, low salt foods, exercise regularly, limit alcohol intake and don't smoke or use tobacco.
- Don't take a lot of over-the-counter pain medicines without asking your doctor.
- Get regular check-ups, which include screenings for diabetes, high blood pressure and kidney disease even if you are fine.
- If you have high blood pressure, take your medicine faithfully and see your doctor often.
- If you have diabetes, follow your diet, take your medicines and test your blood sugar regularly.

**MeBain
MEDIA GROUP**

For More Information contact:
MeBain Media Group at 708.533.6558