



# YOU ARE NOT ALONE

GET SUPPORT AND ANSWERS TO YOUR QUESTIONS ABOUT LIVING A FULFILLING LIFE IN SPITE OF KIDNEY DISEASE FROM PEOPLE WHO HAVE BEEN THERE

Here are just four of the life-enriching programs provided at no charge by Renal Support Network for people who have kidney disease and their family members. [Visit RSNhope.org](http://RSNhope.org) for more information.

## KidneyTalk® Podcast

Each show features a special guest who has first-hand knowledge, an inspirational story or decades of wisdom to share with listeners on how to survive and thrive with an illness. Hundreds of shows available 24/7 at [RSNhope.org](http://RSNhope.org) and on iTunes.

*Listen in to these popular podcasts:*

Are You a Stoner? Web ID: 924 • To Be Young and Dating with Kidney Disease Web ID: 948 • Adventure Hunters: Dialyzing in the Grand Canyon Web ID: 915 • Personal Chef for the Weekend Web ID: 926

## Hopeline – Peer Support Phone line 800-579-1970

Connect with another person who has lived successfully with kidney disease and they will share their experience, strength and hope on what they have done to navigate this illness.

## Live & Give Newsletter and Health Library

Informative, inspirational and hopeful articles on living with kidney disease.

## Monthly Support Group

4th Sunday of the Month from 2:30-4:30, in Glendale, CA

Lori Hartwell founded Renal Support Network in 1993 to empower people who have kidney disease to become knowledgeable about their illness, proactive in their care, hopeful about their future and make friendships that last a lifetime. Lori was diagnosed in 1968 and uses her real-life experience to mentor, craft and guide hopeful programs and editorial content.



[RSNhope.org](http://RSNhope.org)

JOIN THE CONVERSATION. Follow us on social media:

