



**Lori Hartwell**  
RSN President and Founder  
(kidney disease since 1968)

# 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:*

- To Be Young and Dating with Kidney Disease Web ID: 948
- The Kidney Project Update Web ID: 3023
- Personal Chef for the Weekend Web ID: 926
- What is a Preemptive Kidney Transplant? Web ID: 3021

### **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)

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