

Tell Your Story!

Enter RSN's 20th Annual Essay Contest

Surviving Tough Times:
Share a strategy
you have used
to cope with
kidney disease.



For this year's theme, we ask that you tell a story about a strategy you found useful when meeting the challenges of living with kidney disease.

Submissions are open to anyone in the U.S. who has kidney disease. Essays are due by August 10, 2022. Cash prizes awarded to 1st, 2nd, and 3rd place winners.

Learn more and enter at
RSNhope.org/essay-contest

Hold your smart phone camera
over the QR code to visit the RSN
Essay Contest web page.

