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.