



# CLIMB THE KIDNEY MOUNTAIN WITH US

— THIS OCTOBER • WHEREVER YOU ARE —

WALK

RUN

HIKE

BIKE

MOVE YOUR WAY



01

REGISTER



Tell us you're  
joining the movement.



REGISTER >

02

PLAN



Choose how you want to join.  
Choose your day.  
Invite others!

03

MOVE



Climb the Kidney  
Mountain your way.



Start a kidney  
conversation.

04

SHARE



Show us how you climbed.

Take pictures.  
Share. Tag us.

## READY TO CLIMB?

Get Mphukira graphics  
for shirts, signs & banners.



[mphukira.com](https://mphukira.com)

*Know Your Kidneys.*



@MphukiraFoundation