



## Kidney Action Day & KIDNEYNATION Walk Schedule

- 11:00 am** Welcome/free health screenings begin  
**KIDNEYNATION** Walk registration begins
- 11:10 am** Official remarks | Proclamation
- 11:30 am** **KIDNEYNATION** Walk announcements
- 11:45 am** Walk warm-up | Sweat-N-Go Fitness
- 12:00 pm** **KIDNEYNATION** Walk begins
- 12:00 pm** DC Face Painting & Balloon Sculpting (12-2 pm)
- 12:00 pm** Charm City Knockerball (12-2:30 pm)
- 12:30 pm** Performance | Music2YourFeet
- 12:50 pm** Advocate testimonial
- 1:00 pm** Cooking demo | Simple Vegan
- 1:00 pm** Appearance by G-Wiz of the Wizards (1-2 pm)
- 1:30 pm** Fitness demo | Mizani Fitness
- 2:00 pm** **Concert by Big Tony & Trouble Funk (2-3:30 pm)**
- 3:30 pm** Fitness demo | Sweat-N-Go Fitness
- 3:30 pm** Free health screenings end
- 4:00 pm** Kidney Action Day ends

*Presenting National Screening Sponsors:*

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