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**RENAL SUPPORT NETWORK ANNOUNCES  
THE 17<sup>TH</sup> ANNUAL ESSAY CONTEST THEME  
*ALL PEOPLE WITH KIDNEY DISEASE ARE INVITED TO ENTER!***



GLENDALE, Calif., May 21, 2019 -- Renal Support Network (RSN), a nonprofit, patient-run organization encourages people with kidney disease to share their stories by entering our 17<sup>th</sup> Annual Essay Contest.

RSN's Annual Essay Contest provides an outstanding opportunity for people who have chronic kidney disease, including people on dialysis or have a kidney transplant to express their ideas, views, coping strategies and most importantly, hope. This year the theme is "***Kidney Warriors: How do you battle this illness and***

***win?"***

Lori Hartwell, RSN's founder and president, author of *Chronically Happy: Joyful Living in Spite of Chronic Illness* and host of KidneyTalk Podcast, says, "People who live successfully with a chronic illness like kidney disease know firsthand the importance of having an innovative perspective and strategy not only toward their illness, but also toward life in general." She added, "There is an abundance of talent within the renal patient community, and the RSN Essay Contest provides people who have kidney disease with a forum where they can share their experiences, strengths, hope and inspire others."

All submissions must be written by someone who has been diagnosed with chronic kidney disease and must be a maximum of 750 words.

Contest winners will receive cash prizes: First Place, \$500; Second Place, \$300; and Third Place, \$100. The submission deadline is **August 10, 2019**. Winners will be announced on September 25, 2019, and winning essays will be featured in RSN's publication *Live & Give* and on RSNHope.org.

An illness is too demanding when you don't have hope!

## Renal Support Network

For information about the contest, rules and read previous winning essays, visit <http://www.rsnhope.org/essay-contest>.

RSN would like to thank Fresenius Kidney Care and U.S. Renal Care for their support of this valuable patient engagement program.

The Renal Support Network (RSN) is a nonprofit patient-run organization that provides nonmedical services to those affected by chronic kidney disease. RSN strives to help patients (dialysis, kidney transplant, and newly diagnosed patients) develop their personal coping skills, special talents, and employability by educating and empowering them to take control of the course and management of the disease. [www.RSNhope.org](http://www.RSNhope.org).