

# You're Invited to "Move It!"

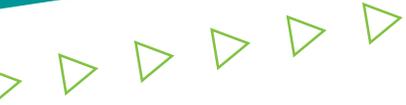
Tour DaVita is an event for all people of all ages to come together to bring awareness to kidney health and improve health care around the world. By registering, you can be a part of something bigger—helping patients just like you have a second chance.

## Things you should know:

- Tour DaVita takes place during Oct. 1 – 3.
- You can walk it, bike it, hike it, or more—it's up to you!
- Register yourself, family members or join a team with patients from your center.
- Donate \$25 to receive the official 2021 Tour DaVita shirt!  
Check out other prizes at [TourDaVita.org](https://TourDaVita.org).

For more information, visit [TourDaVita.org](https://TourDaVita.org). If you have questions or need help to register, speak to your care team or email [TourDaVita@davita.com](mailto:TourDaVita@davita.com).





## JANICE MORROW FORMER DIALYSIS PATIENT 7 YEAR TOUR DAVITA RIDER

I was asked, "Why do you ride in Tour DaVita?"

At first, riding was a challenge to myself. A challenge to regain control of my life.  
To feel strong again.

Diagnosed in 2008 with Amyloid Disease that resulted in total renal failure, DaVita became a major part of my life.

Today, I ride with Tour DaVita to give back. The support from DaVita and Bridge of Life comes in many forms, diagnosis, screening, education and awareness of the causes of the disease and treatment options that are available within our own communities.

Since my first Tour DaVita in 2013, I've finished each Tour thinking, "Am I really going to do THIS again!?" My answer is always "yes!"

I look forward to the next Tour with excitement. Being part of a global movement that works toward the goals of Bridge of Life and DaVita is what matters most.

That's my reason to participate.

## SO, LET'S MOVE IT!

