

## Kidney health event set for early April

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A kidney health event is taking place at the Melfort Mall on Monday, April 2 and Tuesday, April 3.

"We're doing a kidney health event where we screen for kidney disease and risk factors associated with kidney disease," said Kim Lytle, manager, provincial programs with the Saskatchewan branch of the Kidney Foundation of Canada.

According to Lytle, they check the blood sugar level and blood pressure since the two leading causes of kidney disease are diabetes and high blood pressure.

The screening for kidney health is a prelude to the Caching for Kidneys event being held in Melfort on April 15 at the Melfort Curling Rink.

The event on April 15 is the third Caching for Kidneys being held in Melfort and it is organized by Mary Dancey.

"Everything is falling into place very well. We're excited about our website ([www.cachingforkidneys.com](http://www.cachingforkidneys.com)) this year and we've got lots of prizes coming in and a lot of support coming in already so we're pretty happy with it," said Dancey.

She stated they have a goal of raising \$10,000 and cheques are already coming in but most of the money raised is on the day of the event.

As well, there is a Learn to Geocache workshop on Wednesday, April 11 at 7 p.m. at the Melfort Public Library and it is a free workshop.

"(Geocaching is) a very simple, straightforward thing to do even though it sounds intimidating, it isn't. So, we're encouraging people to come out to the free workshop so they can learn about it so they can either enjoy doing it at Caching for Kidneys or just on their own as a new hobby," said Dancey.

The Caching for Kidneys event will include a \$5 pancake breakfast, raffles, silent auction and live music.