

IgAN Aware Spirit Week 2025

May 11 – May 17, 2025

Sunday, May 11: Where We Were and Where We Are

The Foundation is celebrating **21 years of progress!** From a small grassroots effort to a global movement, we've come so far together. Share a **key moment** from your IgAN journey—whether it's a personal milestone or a community achievement—on the **IgAN Day Kudo board** or social media. Let's reflect on how far we've come!

Monday, May 12: Mind-Body Connection

Living with IgAN is more than just physical—it affects our mental and emotional well-being too. Today, take time to focus on **self-care** and your **mind-body connection**. Whether it's practicing **mindfulness**, getting **movement**, enjoying a **nourishing meal**, or taking a moment to reflect, find something that makes you feel strong and centered. Share what works for you and inspire others!

Tuesday, May 13: Risk Quiz & Education Day

Did you know that **IgAN disproportionately affects certain populations?** Many people are at risk without even knowing it. Today, we encourage you to:

- ✓ Take and **share** our **IgAN Risk Quiz** to help spread awareness
- ✓ Explore the latest **research updates** on IgAN
- ✓ Start a conversation about IgAN within your community

Knowledge is power—help us **educate and empower** others!

Wednesday, May 14: IgAN Aware Day – A Global Celebration

It's the **big day!** Join us as we celebrate **21 years of dedication, progress, and hope** with exciting initiatives:

Go Global Canada Launch – We're expanding our reach with the official **Go Global** program launch in Canada, ensuring more patients worldwide receive the support they need.

Special Webinar: Living with Chronic Disease (in partnership with Talkspace) – Join us for a conversation on managing the emotional and mental challenges of IgAN and chronic illness.

Share Your IgAN Story – Post your journey, hopes, or words of encouragement using **#IgANAware** to amplify awareness and support.

Thursday, May 15: Day of Gratitude

We don't face IgAN alone. Let's take today to **honor those who support us**—whether it's a **fellow warrior, caregiver, kidney donor, doctor, family member, or friend**.

💙 Share a post on Kudo or social media thanking someone who has helped you along your journey. Tag them and spread the love!

Friday, May 16: A Future of HOPE – Join the IgAN Hope Patient Registry

Hope fuels progress, and together, we are building a future where **no one faces IgAN alone**. Today, we invite you to **be part of something bigger—sign up for early access to the IgAN Hope Patient Registry!**

💡 **Take action:**

- Join the waitlist for the **IgAN Hope Patient Registry** and be among the first to contribute to the future of IgAN research.
- Share what gives you **hope**—a treatment breakthrough, community support, or personal milestones—on social media or Kudo using **#IgANHope**.

Together, we are building a future full of **hope, progress, and possibility**.

Saturday, May 17: Celebration Day

Wrap up **#IgANAware Spirit Week** by celebrating in a way that feels meaningful to you! Whether it's wearing your **IgAN gear**, gathering with loved ones, or attending a local event—**share your celebration** with us on social media or Kudo.

This is more than a week—it's a movement. Together, we celebrate, raise awareness, and push forward toward a cure.