

MISHUMO



LIMPOPO

PROVINCIAL GOVERNMENT
REPUBLIC OF SOUTH AFRICA

DEPARTMENT OF
PUBLIC WORKS, ROADS & INFRASTRUCTURE

NEWSLETTER

OFFICIAL DEPARTMENTAL NEWSLETTER 4TH QUARTER EDITION 2025/2026

2025/2026

ROAD TO RECOVERY AFTER 2026 FLOODS



The heartland of southern Africa- development is about people!



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VISION

A leader in the provision and management of provincial Land, Buildings and Roads Infrastructure.

MISSION

Optimal utilization of resource in the provision and management of sustainable social and economic infrastructure including implementation and coordination of Expanded Public Works Programme.

VALUES

The Limpopo Department of Public Works, Roads & Infrastructure prides itself on the following core values:

Accountability

Every officials will be held responsible for own action and ensuring single point accountability,

Integrity

All officials will be truthful and honest in execution of duties in their area of competence.

Professional Ethics

All officials will perform diligently with necessary proficiency in the execution of duties in their area of skills backed by acceptable moral code.

Excellence in Service Delivery

All officials shall dedicate their energy and time strive to deliver as a joint and cooperate amongst themselves for service excellence,

Transparency

The Department will always uphold Batho Pele Principles and deliver accordingly.

Answerability

The Department will collectively take liability for poor service delivery.

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LIMPOPO PREMIER HANDED OVER A CONTRACTOR FOR ROAD INFRASTRUCTURE PROJECT IN BLOUBERG



Premier Dr Phophi Ramathuba flanked by MEC Ernest Rachoene and Blouberg Cllr Maria Thamaga during the SOD Turning event at Taaibosch

Happy Lekgothoane

On 26 February 2026, Dr. Phophi Ramathuba, Premier of Limpopo, together with MEC for Public Works, Roads and Infrastructure, Ernest Rachoene, officially handed over a contractor for the upgrade of Road D1589 in the Blouberg Local Municipality, located within the Capricorn District Municipality. This infrastructure development initiative is being implemented in partnership with De Beers Venetia Mine, reflecting a strategic public-private collaboration aimed at accelerating rural road infrastructure development. The project seeks to enhance access to economic opportunities while creating temporary employment for local communities. The five-kilometre stretch of Road D1589 forms part of the Roads Agency Limpopo (RAL) gravel-to-tar programme. The upgraded road will improve connectivity between villages such as De Vrede, Taaibosch, and Ga Kibi within the Blouberg Local Municipality. Welcoming the Premier and the MEC, the Mayor of Blouberg Local Municipality, Maria Thamaga,

expressed appreciation for the project, noting that it represents a significant step towards long-term infrastructure development in the area. In her keynote address, Premier Ramathuba stated: "This partnership model reaffirms our unwavering commitment as a provincial government to deepen collaboration with the private sector in order to accelerate service delivery and expand critical infrastructure investment. It is also through these continuous engagements with mining industry leaders and key stakeholders that the provincial government aims to unlock transformative development initiatives that stimulate economic

growth, create employment opportunities and improve the quality of life for our communities." During the symbolic ceremony, the Premier was joined by MEC Ernest Rachoene, Mayor Cllr Maria Thamaga, Chief Executive Officer of Roads Agency Limpopo, Mr Makhitha Chesane, and a delegation from De Beers Venetia Mine led by Senior General Manager, Mr Ntokozo Ngema.



PREMIER RAMATHUBA OFFICIATES THE SIGNING CEREMONY BETWEEN LIMPOPO PROVINCE AND MINING INDUSTRY

"each investment pledge represents jobs, industrial capacity and real economic transformation for our people" said Dr. Phophi Ramathuba.



Premier Dr Phophi Ramathuba flanked by Limpopo Provincial Executive Members, RAL and mining companies executive management after the signing ceremony during the Mining Indaba in Cape Town

Roads Agency Limpopo (RAL)

The Limpopo Provincial Government has made a significant move to enhance infrastructure partnerships with the private sector by signing a total of six Memoranda of Agreements (MoAs) for key roads in the province. This followed an important milestone from the R170 billion pledges that were made in the past year at the Limpopo Investment Conference.

Premier Phophi Ramathuba officiated at the signing ceremony, which the government has hailed as a landmark achievement in collaborative infrastructure development between the province and the mining sector. The event took place on the sidelines of the Investing in African Mining Indaba, in Cape Town.

The first agreement was signed between Roads Agency Limpopo (RAL) and Kwethu (PTY) LTD, represented by CEO Gugulethu Madungandaba and RAL CEO Makhitha Chesane. Kwethu Mine operates in the Lephalale area of the Waterberg District. The agreement commits both parties to jointly rehabilitate and maintain selected roads in the Lephalale and Thabazimbi local municipalities, which have faced increased wear due to mining activities and heavy vehicle traffic.

In a second signing ceremony, RAL entered into a multi-party MoA with five mining companies, namely: Valterra Platinum, Glencore Operations SA (PTY) LTD, Dwarsriver Chrome Mine, Rustenburg Platinum Mines and Two Rivers Mine. This agreement focuses on the construction of Road D212, a vital route in the Sekhukhune District.

The construction and upgrading of this road are expected to greatly improve conditions, reduce maintenance costs and enhance safety for both mining vehicles and other road users.

Limpopo MECs for Public Works, Roads and Infrastructure, MEC Ernest Rachoene and Limpopo Economic Development, Environment and Tourism, Tshitereke Matibe joined Premier Ramathuba at the ceremony, underscoring the provincial government's commitment to integrated economic development.

Since the advent of the 7th administration, Limpopo has witnessed a surge in investor confidence, and the recent MoA between RAL and six mining companies bears testament.

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FLOODED BRIDGES CLAIM LIVES

The worst floods in 24 years have tested our infrastructure beyond measure.

- Safety comes first.
- Avoid flooded roads and bridges.
- Think safety.
- Turn back if it's not safe to cross.



MEC Rachoene and RAL Board Chairperson Mr Tseli during oversight visit to other flood stricken areas in Limpopo



RECONNECTING COMMUNITIES: LDPWRI'S ROAD TO RECOVERY AFTER THE 2026 FLOODS



Khomotjo Serumula

When heavy floods swept across Limpopo earlier this year, they did more than damage road infrastructure—they disconnected and disrupted lives of communities. For many communities in districts such as Vhembe, Mopani and Waterberg, access to schools, clinics, workplaces and markets were affected with some even losing their homes, access to water and electricity.

In the face of this challenge, the Limpopo Provincial Government has been working steadily to restore road infrastructure, provide alternative shelter and food parcels to assist the hard-hit communities rebuild, reconnect and maintain. Through the District Development Model (DDM), different spheres of government have come together with one shared goal: to reconnect communities to make access to essential services possible.

The assessment of the damage road infrastructure to key economic sites and basic service

infrastructure like clinics, hospitals and schools is continuous on the ground given the ongoing rains in Mopani and Vhembe.

The Limpopo Department of Public Works, Roads and Infrastructure's road maintenance team under the leadership of MEC Ernest Rachoene is busy clearing debris, patching potholes, repairing damaged sections and creating alternative routes. An intervention that continues to help restore movement while more permanent solutions are being planned to be implemented once financial means are allocated.

All these interventions are possible with the District Development Model's ability to bring all spheres of government to the table. By aligning plans and budgets across national, provincial and local government, the province will be able to move towards recovery.

For the department, any repaired road, every reopened route, is a step closer to restoring livelihoods and reconnecting Limpopo to the world.

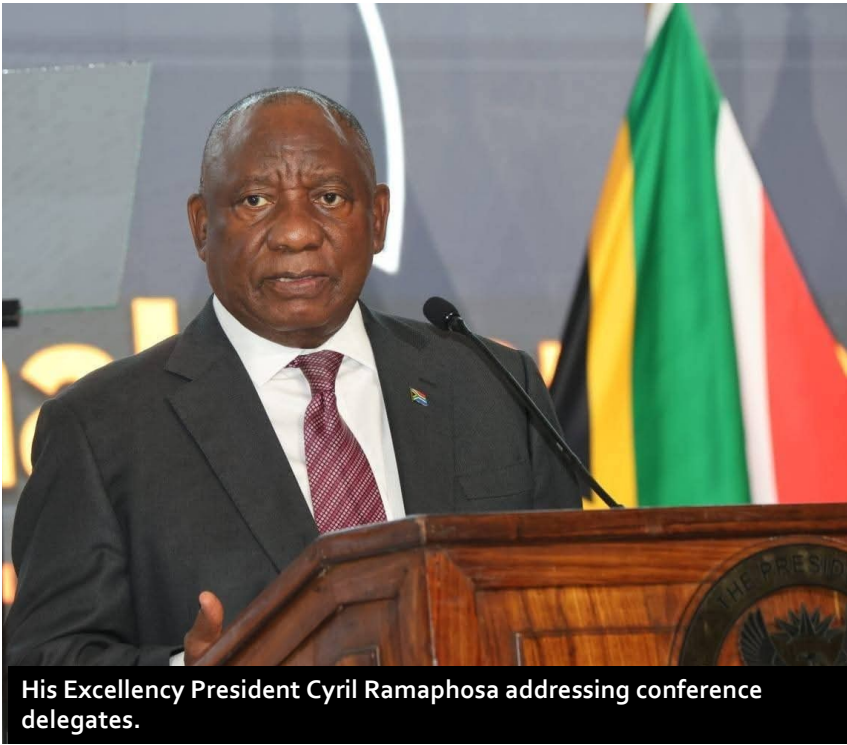


MEC Rachoene and Mopani Executive Mayor Cllr Pule Shayi during oversight visit to flood stricken areas in Mopani



OPERATION
TSOGA
Moshomi

- The #OperationTsogaMoshomi this quarter was held at:
- 1) **Mageva Road Camp** in Dzumeri village which was followed by the site inspection to the construction of bridge on Road R529 and pothole patching at Road D3150.
 - 2) **Marken Cost Centre** in Lephalale followed by Dikgerekgere at Road D1347 Marnitz village
 - 3) **Tsimanyane Cost Centre** in Sekhukhukhune District
 - 4) **Tzaneen Cost Centre** followed by site inspection to Road D1350 Deerpark, D673 Binzulani to Nkowankowa and contractor's established site for Mhangweni to Mafanana road.
 - 5) **Modimolle Cost Centre**



His Excellency President Cyril Ramaphosa addressing conference delegates.

DRIVING THE FUTURE OF MOBILITY—SHAPING SOUTH AFRICAN TRANSPORT LANDSCAPE

Discussions throughout the conference reinforced the critical role of roads infrastructure as a backbone of economic growth, regional integration and service delivery. Key themes included sustainability, innovative funding models, improved maintenance strategies, and the adoption of alternative materials to build resilient and future-ready road networks. For Limpopo Province, which is currently facing devastating floods that continue to damage critical road infrastructure, the outcomes of this conference could not be more timely. The insights shared point to a future where road networks are designed and maintained with greater resilience against extreme weather conditions. This includes stronger drainage systems, climate-smart materials, and proactive maintenance approaches that can reduce the impact of disasters and ensure quicker recovery. As the province works to restore connectivity in affected areas, these

The National Transport Conference took place at the Gallagher Convention Centre in Midrand, Johannesburg bringing together transport leaders, policymakers and industry experts from across the Country and the Southern African Development Community (SADC) region to reflect on the future of infrastructure development.

His Excellency, President Cyril Ramaphosa, officiated the conference with the Limpopo Department of Public Works, Roads and Infrastructure and Roads Agency Limpopo (RAL) executives in attendance led by the Head of Department, Mr Motlhanke Phukuntsi, together with the RAL Chairperson of the Board of Directors, Mr Moses Tseli, and the Chief Executive Officer, Mr Makhitha Chesane.

The conference focused on road infrastructure, featuring breakaway discussions led by a panel of experts. They have set the scene by outlining the challenges facing the road infrastructure provision space and emphasised the need for sustainable, practical solutions, as the road infrastructure network remains a key enabler of South Africa's economic development.

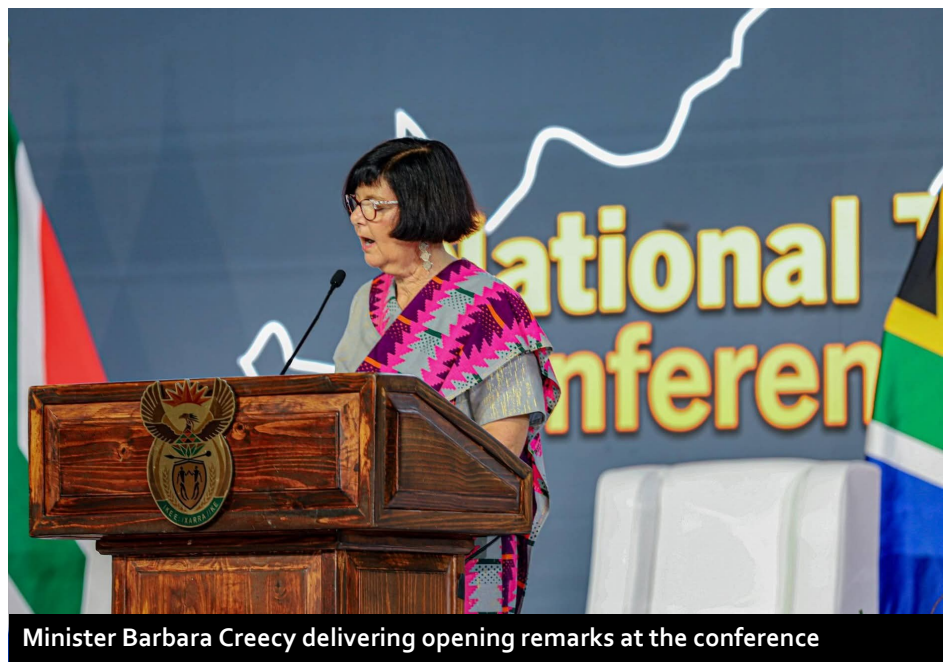
A panel of industry leaders from SANRAL, CSIR, the Road Freight Association, The South African Institution of Civil Engineering and Academia engaged in a robust discussion on sustainability, the use of alternative materials, road safety, and the overall management of the road network.

In attendance were Transport Ministers from SADC countries, alongside key stakeholders such as the World Bank Group, Development Bank of South Africa, Academia and relevant Associations in the Transport



LDPWRI HOD Mr Phukuntsi with RAL CEO Mr Chesane

ecosystem. The conference served as a powerful platform for collaboration, knowledge-sharing and strategic alignment.



Minister Barbara Creecy delivering opening remarks at the conference

discussions provide a clear roadmap for rebuilding better — not just restoring roads, but upgrading them to withstand future challenges, safeguard communities, and protect economic activity.

As we move forward, the outcomes of this conference signal a stronger commitment to:

- ⇒ Enhancing the quality and durability of road infrastructure
- ⇒ Strengthening partnerships across government and the private sector
- ⇒ Prioritising climate-resilient and sustainable construction methods
- ⇒ Improving connectivity to unlock economic opportunities across provinces and borders

Delivering the closing remarks, Deputy Minister of Transport, Mkhuleko Hlengwa, emphasised strengthening cooperation in the region, the importance of translating these discussions into tangible action, noting that the future of transport lies in integrated, innovative and inclusive Transport infrastructure systems.

The conference left behind a renewed sense of urgency and shared responsibility to transform the roads sector into a catalyst for economic recovery, job creation and regional development—particularly for provinces like Limpopo, where resilient infrastructure is not just a priority, but a necessity.



The roads that the department is doing maintenance on:

- Along R71 near Lulekeni in Phalaborwa.
- D1350 Deerpark in Greater Tzaneen Local Municipality
- D1399 connecting Ntoane, Middlerburg, Groblersdal and Dennilton
- D21 road near Turkey in Maruleng Local Municipality
- D217 Tolwe to Alldays, Blouberg Local Municipality
- D3270 Mydarling approaching Burgerrecht Maleboho Nature Reserve
- D3287 Eldorado, Blouberg Local Municipality
- D3340 Earlydam/Oldlingside, Blouberg Local Municipality
- D3718 Muledani to Tswinga, Thulamela Local Municipality
- D3718 Tswinga low lying bridge
- D3830 Mbhokota outside Louis Trichard, Makhado Local Municipality
- D3840 Nkomo C bridge connecting Giyani and Phalaborwa
- D3864 Nghezimani road outside Malamulele
- D4 Mashau to Mpheni village
- D4126 Rostok Village, Fetakgomo-Tubatse Local Municipality
- D4180 between gaSelepe and gaMashabela, Fetakgomo-Tubatse Local Municipality
- D4220 in Tjate, Fetakgomo-Tubatse Local Municipality
- D599 Eerbewoon to Modimolle, Modimolle-Mokgophong Local Municipality



- Inspection along R71 towards Phalaborwa, Lulekeni and Namakgale
- Inspection on R40 within BaPhalaborwa Local Municipality
- P62 Sehlakwana and Masoying, Ephraim Mogale Local Municipality
- R531 Klaserie Road, Maruleng Local Municipality
- Regravelling on Masealama to gaMailula in gaMothapo, Polokwane Local Municipality
- Water control on P18/2 between Kuschke Agricultural School and Bergenek, Polokwane Local Municipality

CELEBRATING PROGRESS MADE



MEC Kgabo Mahoai addressing community members and delegates during the Provincial Human Rights commemoration in Bakenberg

referred specifically to the village of Mapela, which remains underdeveloped due to a lack of basic services such as proper road infrastructure while situated in a municipality that is ranked top in platinum mining. Despite these challenges, he encouraged residents to also recognise the progress made in other areas, including the provision of electricity and tarred roads. Representing the Commission for Gender Equality, Mr Tshepang Mokgokong highlighted several achievements worth celebrating, including access to free education, social grants, and land, all of which contribute to improving food security. He further emphasized the importance of strengthening community policing efforts by ensuring that cases of gender-based violence (GBV) and teenage pregnancy are reported rather than concealed. Mokgokong also addressed concerns around the sexual health curriculum in schools, explaining that it is age-

Khomotjo Serumula

Human Rights Day is celebrated annually on 21 March in South Africa to commemorate heroes and heroines who died during the Sharpsville massacre for refusing to accept oppression as a normal way of living. This year's provincial commemoration was held at Bakenberg Stadium, under the Mogalakwena Local Municipality, and observed under the theme: "The Bill of Rights at 30: Making Human Dignity Real."

Limpopo Premier Dr Phophi Ramathuba, who could not attend the event due to other commitments, delegated MEC for Provincial Treasury, Mr Kgabo Mahoai, to deliver her message. In his address, Mahoai emphasized the importance of social cohesion as the province commemorates Human Rights Day. He urged communities to embrace the values of Ubuntu and botho, stating, "Choose Ubuntu and botho to make a reality that our rights are truly realised." Delivering a message of encouragement and support, Ms Sarah Monyamane from Progressive Women's Movement of South Africa said "human rights are not abstract ideals, they are lived experiences of our people. Dignity,

equality and freedom are not privileges for the few but guarantee to all. Gender Based Violence continue to rob women and children of their dignity and safety because access to land opportunities and resources remain uneven. Human rights must be practical, visible, and measurable. It is not enough to have the rights written in the Constitution, they must translate into safe communities where women can walk freely without fear." Ms Monyamane stressed that economic opportunities are essential in empowering women to become self-reliant.

The Human Rights Commissioner, Mr Victor Mavhidula, acknowledge the effort and progress that national, provincial and local government made in delivering basic services to the people of Limpopo, as "right to human dignity is closely linked to access to basic service delivery." However, Mr Mavhidula expressed concern that the destruction and damaging of infrastructure during service delivery protests continues to hinder government progress. Mavhidula

appropriate and aimed at raising awareness rather than encouraging early sexual activity. He described teenage pregnancy as a national crisis and called on parents to support educational efforts. In closing, he urged traditional leaders to review land allocation policies to ensure that women have equitable access to land. In essence, Human Rights Day serves as a reminder of the need to:
 Respect human dignity
 Promote equality and freedom
 Protect the rights of all people as enshrined in the Constitution of South Africa.



LIMPOPO SCHOOLS REOPEN FOR THE 2026 ACADEMIC YEAR WITH RENEWED DETERMINATION



MEC Rachoene addressing the Ngwanamatlang Secondary School learners during 2026 Back to School campaign

Khomotjo Serumula

The Limpopo Department of Public Works, Roads and Infrastructure MEC Ernest Rachoene together with district and local municipality officials accompanied by the Limpopo Department of Education circuit management embarked on the monitoring of reopening of schools event welcoming learners and educators to the 2026 academic year. The oversight visit started with Ngwanamatlang Secondary School at Jane Furse under Makhuduthamaga Local Municipality in Sekhukhune District and ended at Solomon Mahlangu High School situated in Phagameng under Modimolle-Mokgophong Local Municipality in Waterberg District. The visits were clubbed with similar monitoring at their respective feeding schools in their areas being Madibong English Medium Primary School and Hector Petersen Primary School. Both schools entered the 2026 the academic year with remarkable achievements made by the matric class of 2025. Ngwanamatlang Secondary School achieved 97% pass rate of which 81% were bachelor pass with 41 distinctions dominated by mathematics and physical science subjects. The results placed Ngwanamatlang Secondary School position four in the

local municipality. Solomon Mahlangu High School achieved a 85% pass rate a positive increase from 67% in 2023 and 82% in 2024, placing Solomon Mahlangu High School top within its circuit. The results reflected dedication, discipline, support, teamwork and hard work of learners, school governing bodies, community members and educators collectively. Supporting the inputs from Professor Ngoepe of Tshwane University of Technology (TUT) who was commenting on the Limpopo's 86% pass rate for 2025, MEC Rachoene said "the improved matric results require a stronger focus on quality outcomes with mathematics, science and accounting subjects dominating in order to positively support the economy." The results were obtained amidst challenges of overcrowding in classrooms, a matter that MEC Rachoene acknowledged and noted for reporting to the provincial Department of Education for intervention. MEC Rachoene concluded the day by

handing over school shoes to learners at all four schools from disadvantaged backgrounds by providing basic school necessities as part of government's ongoing commitment to provide equal access to quality education to all while promoting learner dignity. School governing bodies and deployees on the day encouraged learners to build on the success of the class of 2025 and aim even higher in 2026. As Ngwanamatlang Secondary School and Solomon Mahlangu High School embark on the new academic journey, the message was clear that with commitment, resilience, and discipline, success is within reach as learners



MEC Rachoene addressing the Solomon Mahlangu High School learners during 2026 Back to School campaign



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JOB SCAM ALERT



Legit departmental employees will NEVER ask you for money in exchange for employment opportunities.

Report anyone demanding payment related to employment to relevant law enforcement agencies.

Job seekers kindly verify all employment-related information through official departmental communication channels.



All recruitment processes are conducted transparently and in accordance with applicable public service prescripts.



Limpopo Department of Public Works, Roads & Infrastructure



Limpopo_works



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Roads Agency Limpopo



www.dpw.limpopo.gov.za www.ral.co.za



The risk unit of the department is also giving this matter all the attention it deserves.

Be vigilant and always read the warning signs!

WATCH OUT FOR:

- Too good to be true offers
- Vague job descriptions
- Request for upfront payments
- Unprofessional communication
- Unverified company details

RECHARGE, RELAX AND RECONNECT: SEKHUKHUNE MALE OFFICIALS EMBRACE MEN'S SEMINAR IN DURBAN



Sekhukhune District delegates during the Men's Seminar in Durban

Shai Sophy

Male officials from Sekhukhune District recently participated in a meaningful Men's Seminar held in Durban, aimed at promoting health, self-care and overall wellbeing among men in the workplace. The initiative, organised by men for men, created a supportive space to encourage open engagement on issues affecting men's health. The programme was hosted in collaboration with MedizOne Health Care, where a key session focused on the importance of oxygen therapy in the bloodstream and its role in improving overall health, enhancing energy levels and supporting daily functioning. To promote relaxation and stress relief, participants first

enjoyed soothing foot and back massages, allowing them to unwind and mentally detox. The event then continued with team-building activities, including tug of war and soccer on the beach sands of Durban. These activities aimed at fostering connection, team spirit and physical wellness.

The Seminar provided an opportunity for officials to step away from their daily responsibilities, recharge and refocus. Participants returned to work feeling refreshed, positive and motivated, with a renewed sense of purpose. This initiative reflects a department that values and cares for the wellbeing of its employees, recognising that a healthy workforce is essential for effective service delivery.





Sekhukhune District officials during the event

SEKHUKHUNE DISTRICT CELEBRATES EMPLOYEE WELLNESS ON VALENTINE'S DAY

Sophy Shai

The Department of Public Works, Roads & Infrastructure Sekhukhune District celebrated Valentine's Day on 13 February 2026 as part of promoting employee wellness and unity within the Department.

The event was held at Florence Palm Resort, where colleagues came together in a spirit of appreciation, love and teamwork. Officials enjoyed amusic and dancing, strengthening bonds beyond the workplace and celebrating the importance of a healthy work-life balance.

The vibrant atmosphere was beautifully complemented by the Valentine's theme colours pink, red and white — as employees expressed gratitude and encouragement to one another.

Such wellness initiatives continue to foster a positive working environment and reinforce the Department's commitment to caring for its employees..

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The District Development Model brings us together to restore roads, bridges and public infrastructure affected by floods.

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"The heartland of southern Africa – development is about people"

STARTING THE YEAR WITH FAITH AND UNITY



Apostle P Mamabolo

Sekhukhune District officials during prayer session led by Apostle P Mamabolo

Sophy Shai

The Department of Public Works, Roads & Infrastructure Sekhukhune District officially began the year on a spiritual note by hosting a Beginning of the Year Prayer. The gathering was led by Apostle P. Mamabolo of Remnants Worship Ministry, who delivered an inspiring message encouraging employees to place God at the centre of their work and daily lives.

The prayer session was held on a Thursday — a day on which some churches and Christian denominations traditionally hold midweek prayer services — adding deeper spiritual significance to the occasion. The purpose of the event was to dedicate the year to God and to seek His guidance, protection and wisdom as the District continues to serve communities with excellence.

Employees united in faith, reaffirming their commitment to work with integrity, unity and purpose. The message emphasized teamwork, accountability and dedication as key pillars for a successful and productive year.

The District also used this platform to bid farewell to the Expanded Public Works Programme (EPWP) employees whose contracts conclude at the end of February. Their valuable contribution and service to the community were acknowledged with sincere appreciation. The District wishes them success in their future endeavours.

The session set a positive and hopeful tone for the year ahead, reinforcing the importance of faith, unity and collective commitment in achieving the Department's goals.

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FOR A GOVERNMENT JOB

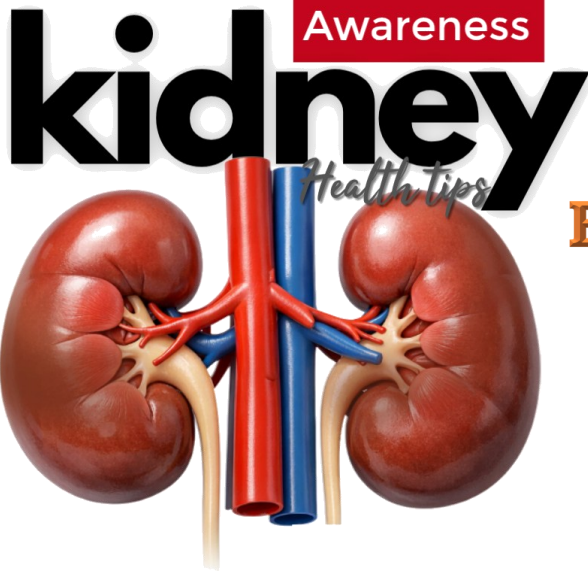
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KIDNEY AWARENESS: TAKING CARE OF THE BODY'S SILENT LIFELINE

Source: Internet

Most of us go through our daily lives without ever thinking about our kidneys. We wake up, go to work or school, share meals with family, and carry on—unaware that deep inside our bodies, these small organs are working around the clock to keep us healthy. Kidney awareness is about taking a moment to recognise their importance and making simple choices that protect them.

Your kidneys are like quiet guardians. They clean your blood, remove waste, balance fluids, and help control blood pressure. They also play a role in keeping your bones strong and your blood healthy. When they are working well, you hardly notice them—but when they are not, the effects can be life-changing.

Conditions such as Chronic Kidney Disease often develop slowly and without clear symptoms. Many people only discover they have a problem at a later stage. Others may experience Kidney Stones, which can cause sudden and severe pain, or Urinary Tract Infection that can worsen if left untreated. In serious cases, kidney problems may progress to Kidney Failure, requiring ongoing medical care. One of the biggest challenges is that the warning signs are often easy to ignore. Feeling tired, noticing swelling in your feet, or changes in urination may not seem serious at first. However, these can be early signals that your body needs attention.

In South Africa, many people are affected by conditions such as Diabetes and Hypertension, which are leading causes of kidney damage. This makes kidney awareness not just a personal issue, but a community responsibility.

The good news is that protecting your kidneys starts with simple, everyday health tips. Staying well-hydrated by drinking enough water helps your

kidneys remove waste effectively. Eating a balanced diet rich in fruits and vegetables while reducing salt and processed foods can ease the strain on your kidneys. Regular physical activity, even something as simple as a daily walk, supports overall health and helps control blood pressure.

It is also important to avoid habits that can harm your kidneys. Smoking and excessive alcohol use can damage blood vessels and reduce kidney function. In addition, the overuse of common pain medications such as Ibuprofen can quietly harm the kidneys over time if not taken responsibly.

Some people turn to natural options to support their kidney health. Drinking lemon water, consuming cranberries,

using garlic in meals, and staying hydrated with herbal teas may offer supportive benefits. However, these should not replace medical care, especially for serious conditions like Chronic Kidney Disease.

Regular health check-ups remain one of the most effective ways to protect your kidneys. Simple blood and urine tests can detect problems early, even before symptoms appear. Early detection allows for better management and can prevent complications.

Kidney awareness is ultimately about care—caring for your body, your future, and your community. By making small, consistent lifestyle changes and encouraging others to do the same, we can reduce the impact of kidney disease and promote healthier living.

Your kidneys may be silent, but the role they play in your life is powerful. Taking care of them today is an investment in a healthier tomorrow.



BENEFITS OF DRINKING WATER

prevent constipation and flush out waste

support digestion

regulate body temperature

lubricate joints

activate internal organs

aid body functions and boost muscle health

Protecting organs and tissues + absorbs nutrients

support growth and reproduction of cells

Carry nutrients and oxygen to cells in the body



quarter in

Pictures





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