

# Aloha Kidney

## Jan-Feb 2020 Moloka'i class series

With	Ramona Wong MD Retired kidney doctor	What	6 weekly classes, 2 ½ hours each
Where	Na Pu'uwai NHHCS 604 Maunaloa Hwy Building C Kaunakakai, HI 96748	When	1 – 3:30 pm Thursday afternoons
Who	Anyone who loves their kidneys, especially if Chronic Kidney Disease, excess urine protein or decreased GFR.	Bring	Pen, and invite those who love you to enroll especially if they buys/cook the food
		Cost	<b>No cost</b>

## What we talk about

- 1/16/2020 - You and your kidneys: What kidneys do, what happens when they fail
- 1/23/2020 - Aloha kidney: How to slow loss of kidney function, protect what's left
- 1/30/2020 - Kidney, heart, brain connection: Why at risk and what to do about it
- 2/6/2020 - Food, labs, meds . . . help?! Understand what matters with CKD
- 2/13/2020 - Options if kidneys fail: Dialysis, transplant, natural life options
- 2/20/2020 - Choices: Others share their journey with dialysis, transplant, natural life

Come and see if these classes can help you and your family.

Enroll online at [www.alohakidney.com](http://www.alohakidney.com) or Call **(808) 585-8404**

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Map for Na Pu'uwai Native Hawaiian Health Care System  
604 Maunaloa Highway, Building C, Kaunakakai  
Molokai

