

Aloha Kidney

Jan-Feb 2020 Kaua'i class series

With	Ramona Wong MD Retired kidney doctor	What	6 weekly classes, 2.5 hours each
Where	Wilcox Med Center 3-3420 Kuhio Hwy, Lobby Conference Rm Lihue, HI 96766	When	1 – 3:30 pm Thursday afternoons
Who	Anyone who loves their kidneys, especially if Chronic Kidney Disease, extra urine protein, or decreased GFR	Bring	Pen, and invite those who love you to enroll, especially if they buy or cook the food
		Cost	No cost

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.

Register online: www.alohakidney.com OR call: (808) 585-8404

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