

# Aloha Kidney



Now through Feb 22, 2025 online series

|             |  |             |   |
|-------------|--|-------------|---|
| <u>With</u> | Ramona Wong<br>Retired kidney doctor   | <u>How</u>  | Submit form to enroll on<br><a href="http://www.alohakidney.com">www.alohakidney.com</a><br>You will receive  |
| <u>Who</u>  | Anyone who loves their<br>kidneys, especially if at<br>risk for Chronic Kidney<br>Disease, excess protein<br>in urine, or decreased<br>GFR |             | passwords to view the<br>first 5 classes at your<br>convenience. Check<br>schedule below for the<br>Saturday Zoom sessions<br>for class updates and<br>questions. |
| <u>What</u> | 6 class videos,<br>View, pause, review as<br>you want at your pace.  | <u>Ask</u>  | Those who love you to<br>enroll too, especially if<br>they buy/cook the food  |
| <u>Why</u>  | EZ, flexible, optional, no<br>requirements, up to you!   | <u>Cost</u> | No cost   |

## Live updates + Q/A for the 6 classes

|              |   |
|--------------|---|
| Jan 11, 2025 | You and your kidneys: Kidneys can teach you about you, your choices and the mind, body, spirit connection |
| Jan 18, 2025 | Aloha kidney:<br>How to slow loss of kidney function, protect what's left                                 |
| Jan 25, 2025 | Kidney, heart, brain connection:<br>Why at risk and what to do about it                                   |
| Feb 1, 2025  | Food, labs, meds . . . help?!:<br>Understand what matters   |
| Feb 8, 2025  | Options if kidneys fail:<br>Dialysis, transplant, natural life options                                    |
| Feb 15, 2025 | Choices: Others share journeys thru dialysis, transplant, natural life                                    |

Join us to see if classes can help you and your family.

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