

Aloha Kidney



Now through June 28, 2025 online series

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

Live updates + Q/A for the 6 classes

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| May 17, 2025 | You and your kidneys: Kidneys can teach you about you, your choices and the mind, body, spirit connection |
| May 24, 2025 | Aloha kidney: How to slow loss of kidney function, protect what's left |
| May 31, 2025 | Kidney, heart, brain connection: Why at risk and what to do about it |
| Jun 7, 2025 | Food, labs, meds . . . help?!: Understand what matters |
| Jun 14, 2025 | Options if kidneys fail: Dialysis, transplant, natural life options |
| Jun 21, 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 OR Call (808) 585-8404