

Aloha Kidney in Ka'u

Thursdays, Jan 16-Feb 20, 2020 class series

With	Ramona Wong MD Kidney doctor - retired	What	6 weekly classes, 2 ½ hours each
Where	Ka'u Resource Center 96-3126 Puahala Street Pahala, HI 96777 Phone: 928-0101	When	1 – 3:30 pm Thursday afternoons
Who	Anyone who loves their kidneys, especially if Chronic Kidney Disease, excess protein in urine, or decreased GFR	Bring	Pen, and invite those who love you to enroll, especially if they buy/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.

Enroll online at www.alohakidney.com OR Call (808) 585-8404

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