

Aloha Kidney

Jan-Feb 2020 Windward O'ahu series

With	Ramona Wong Retired kidney doctor	What	6 weekly classes, 2 ½ hours each
Where	Castle Hospital Auditorium Take elevators to lower level, turn Right, walk past Bistro, turn Right, walk past bathroom, Auditorium is at end of hall 642 Ulukahiki St Kailua, HI 96734	When	6:00 – 8:30 pm Wednesday evenings
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

- 1/8/2020 - You and your kidneys: What kidneys do, what happens when they fail
- 1/15/2020 - Aloha kidney: How to protect kidneys, slow loss of function
- 1/29/2020 - Kidney, heart, brain connection: Why at risk and what to do about it
- 2/5/2020 - Food, labs, meds . . . help?! Understand what matters
- 2/12/2020 - Options if kidneys fail: Dialysis, transplant, natural life options
- 2/19/2020 - 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.aloha-kidney.com OR Call: (808) 585-8404

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