

Aloha Kidney

January 16 – February 20, 2020 • Web Series

Presented by: Ramona Wong, MD – Kidney Doctor (*Retired*)

WHAT

FREE!

6 Weekly Classes
(2 ½ hours each)

WHERE

Waianae Coast Comprehensive
Health Center
86-260 Farrington Hwy
Ho'olokahi Building

HOST

Stefanie Chang-Hiu, MPH,
RDN, LD, CDE
(Registered Dietitian Nutritionist,
Licensed Dietitian, & Certified
Diabetes Educator)

WHEN

Thursday Afternoons
1:00PM – 3:30PM

WHO SHOULD ATTEND

- Anyone interested in, diagnosed with, or at risk for Chronic Kidney Disease (CKD)
- Anyone with Glomerular Filtration Rate less than 60 or excess protein in urine

BRING WITH YOU

- Pen and paper for note taking
- Family member or friend who loves you (one who buys/cooks the food)

What We Will Talk About

**JAN
16**

You and your kidneys: What kidneys do, what happens when they fail

**JAN
23**

Aloha kidney: How to slow loss of kidney function, protect what's left

**JAN
30**

Kidney, heart, brain connection: Why at risk and what to do about it

**FEB
6**

Food, labs, meds...help?! Understand what matters with CKD

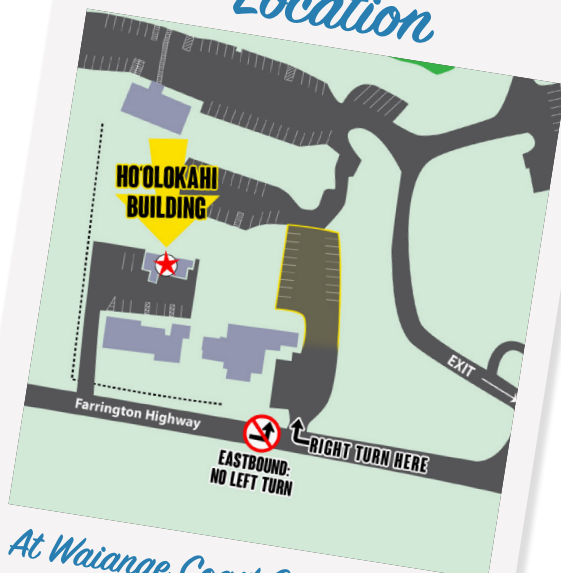
**FEB
13**

Options if kidneys fail: Dialysis, transplant, natural life options

**FEB
20**

Choices: Others share their journey with dialysis, transplant, natural life

Location



At Waianae Coast Comprehensive
Health Center's main campus

To enroll, call (808) 585-8404 or visit www.alohakidney.com