

Sep/Oct 2020 Online class series

With	Ramona Wong MD Kidney doctor - retired	How	Fill out and submit form on our alohakidney.com website to enroll. A link to the class of the week
Who	Anyone who loves their kidneys, especially if Chronic Kidney Disease, excess protein in urine, or decreased GFR		will be emailed to you each Sunday. On Saturdays a live Zoom meeting will be held for questions.
What	6 weekly class videos 2+ hours each	Ask	Those who love you to enroll too, especially if they buy/cook the food

Cost No cost

What we talk about

Sep 13-19 - You and your kidneys: What kidneys do, what happens when they fail
Sep 20-26 - Aloha kidney: How to slow loss of kidney function, protect what's left
Sep 27-Oct 3 Kidney, heart, brain connection: Why at risk and what to do about it
Oct 4-10 - Food, labs, meds . . . help?! Understand what matters with CKD
Oct 11-17 - Options if kidneys fail: Dialysis, transplant, natural life options
Oct 18-24 - 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 <u>www.alohakidney.com</u> OR Call (808) 585-8404

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