Aloha Kídney

May-June 2020 Moloka'i class series

With	Ramona Wong MD Retired kidney doctor	What	6 weekly classes, 2 $\frac{1}{2}$ hours each
Where	Na Pu'uwai NHHCS 604 Maunaloa Hwy Building C	When	1 – 3:30 pm Thursday afternoons
	Kaunakakai, HI 96748	Bring	Pen, and invite those who love you to enroll
Who	Anyone who loves their kidneys, especially if		especially if they buys/cook the food
	Chronic Kidney Disease, excess urine protein or decreased GFR.	Cost	No cost

What we talk about

5/7/2020	- You and your kidneys: What kidneys do, what happens when they fail
5/14/2020	- Aloha kidney: How to slow loss of kidney function, protect what's left
5/21/2020	- Kidney, heart, brain connection: Why at risk and what to do about it
5/28/2020	- Food, labs, meds help?! Understand what matters with CKD
6/4/2020	- Options if kidneys fail: Dialysis, transplant, natural life options
6/18/2020	- 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 <u>www.alohakidney.com</u> or Call (808) 585-8404

/ ODO / EOE 0101

Map for Na Pu'uwai Native Hawaiian Health Care System 604 Maunaloa Highway, Building C, Kaunakakai Molokai

