

# Aloha Kidney



Now through Oct 26, 2024 online series

<u>With</u>	Ramona Wong Retired kidney doctor	<u>How</u>	Submit form to enroll on <a href="http://www.alohakidney.com">www.alohakidney.com</a> You will receive
<u>Who</u>	Anyone who loves their kidneys, especially if at risk for Chronic Kidney Disease, excess protein in urine, or decreased GFR		passwords to view the first 5 classes at your convenience. Check schedule below for the Saturday Zoom sessions for class updates and questions.
<u>What</u>	6 class videos, View, pause, review as you want at your pace.	<u>Ask</u>	Those who love you to enroll too, especially if they buy/cook the food
<u>Why</u>	EZ, flexible, optional, no requirements, up to you!	<u>Cost</u>	No cost

## Live updates + Q/A for the 6 classes

Sep 14, 2024	You and your kidneys: Kidneys can teach you about you, your choices and the mind, body, spirit connection
Sep 21, 2024	Aloha kidney: How to slow loss of kidney function, protect what's left
Sep 28, 2024	Kidney, heart, brain connection: Why at risk and what to do about it
Oct 5, 2024	Food, labs, meds . . . help?!: Understand what matters
Oct 12, 2024	Options if kidneys fail: Dialysis, transplant, natural life options
Oct 19, 2024	Choices: Others share journeys thru dialysis, transplant, natural life

Join us to see if classes can help you and your family.

Enroll online at [www.alohakidney.com](http://www.alohakidney.com) OR Call (808) 585-8404