

Aloha Kidney



Sep/Oct 2020 Online class series

With	Ramona Wong MD Kidney doctor - retired	How	Go to AlohaKidney.com Submit sign in form each week you want to attend. A link to class video will be emailed to you. Each Saturday, live Zoom meeting will be held for question/answer.
Who	Anyone who loves their kidneys, especially if Chronic Kidney Disease, excess protein in urine, or decreased GFR	Ask	Those who love you to enroll too, especially if they buy/cook the food
What	6 weekly class videos 2+ hours each	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 www.alohakidney.com OR Call **(808) 585-8404**

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