

# Aloha Kidney

## Jan-Feb 2020 Aiea, O'ahu series

With	Ramona Wong MD Retired kidney doctor	What	6 weekly classes, 2 ½ hours each
Where	<b>Pali Momi Medical Center Conference Center</b> (Street level-near garage entrance) 98-1079 Moanalua Rd Aiea, HI 96701	When	1 – 3:30 pm Saturday afternoons
Who	Anyone who loves their kidneys, especially if Chronic Kidney Disease, excess urine protein, or decreased GFR.	Bring	Pen, jacket, parking stub for free validation, and invite those who love you to enroll, especially if they buy or cook the food
		Cost	<b>No cost</b>

## What we talk about

- 1/11/2020 - You and your kidneys: What kidneys do, what happens when they fail
- 1/25/2020 - Aloha kidney: How to slow loss of kidney function, protect what's left
- 2/1/2020 - Kidney, heart, brain connection: Why at risk and what to do about it
- 2/8/2020 - Food, labs, meds . . . help?! Understand what matters with CKD
- 2/15/2020 - Options if kidneys fail: Dialysis, transplant, natural life options
- 2/22/2020 - Choices: Others share their journey with dialysis, transplant, natural life

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

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