

Aloha Kidney



May-June 2023 Online class series

<u>With</u>	Ramona Wong Retired kidney doctor	<u>How</u>	Submit form to enroll on www.alohakidney.com
<u>Who</u>	Anyone who loves their kidneys, especially if Chronic Kidney Disease, excess protein in urine, or decreased GFR		You will receive passwords to view the first 5 classes at your convenience. During the scheduled series, weekly Saturday Zoom sessions for updates/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

What we talk about

May 7-13	You and your kidneys: Kidneys can teach you about you, your choices and the mind, body, spirit connection
May 14-20	Aloha kidney: How to slow loss of kidney function, protect what's left
May 21-27	Kidney, heart, brain connection: Why at risk and what to do about it
May 28-Jun 3	Food, labs, meds . . . help?! Understand what matters
Jun 4-10	Options if kidneys fail: Dialysis, transplant, natural life options
Jun 11-17	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 OR Call (808) 585-8404