

Aloha Kidney



Jan-Feb 2023 Online class series

<u>With</u>	Ramona Wong Kidney doctor - retired	<u>How</u>	Submit form to enroll on www.alohakidney.com You will receive
<u>Who</u>	Anyone who loves their kidneys, especially if Chronic Kidney Disease, excess protein in urine, or decreased GFR		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

Jan 15-21	You and your kidneys: Kidneys can teach you about you, your choices and the mind, body, spirit connection
Jan 22-28	Aloha kidney: How to slow loss of kidney function, protect what's left
Jan 29-Feb 4	Kidney, heart, brain connection: Why at risk and what to do about it
Feb 5-11	Food, labs, meds . . . help?! Understand what matters
Feb 12-18	Options if kidneys fail: Dialysis, transplant, natural life options
Feb 19-25	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