

Aloha Kidney

Jan -Mar 2019 Honolulu series

With	Ramona Wong MD Retired kidney doctor	What	6 weekly classes, 2 1/2 hours each
Where	HMSA conference room Lobby/street level 818 Keeaumoku St. Park free, enter-Sheridan St.	When	9-11:30 am Saturday mornings
Who	Anyone interested in, at risk for, or with Chronic Kidney Disease, GFR less than 60, or excess protein in urine	Bring	Pen, jacket, and enroll the one who loves you (especially if they buy/cook the food)

What we talk about

- 1/19/2019 - You and your kidneys: What kidneys do, what happens when they fail
- 1/26/2019 - Aloha kidney: How to slow loss of kidney function, protect what's left
- 2/2/2019 - Kidney, heart, brain connection: Why at risk and what to do about it
- 2/9/2019 - Food, labs, meds . . . help?! Understand what matters with CKD
- 2/23/2019 - Options if kidneys fail: Dialysis, transplant, natural life options
- 3/2/2019 - Choices: Others share their journey with dialysis, transplant, natural life

Enroll online at www.alohakidney.com or Call **(808) 585-8404**