

Aloha Kidney

Sept-Oct 2019 Moloka'i class series

With	Ramona Wong MD Retired kidney doctor	What	6 weekly classes, 2 ½ hours each
Where	Na Pu'uwai NHHCS 604 Maunaloa Hwy Building C Kaunakakai, HI 96748	When	1 – 3:30 pm Thursday afternoons
Who	Anyone who loves their kidneys, especially if Chronic Kidney Disease, excess urine protein or decreased GFR.	Bring	Pen, and invite those who love you to enroll especially if they buys/cook the food

What we talk about

9/19/2019 - You and your kidneys: What kidneys do, what happens when they fail

9/26/2019 - Aloha kidney: How to slow loss of kidney function, protect what's left

10/3/2019 - Kidney, heart, brain connection: Why at risk and what to do about it

10/10/2019- Food, labs, meds . . . help?! Understand what matters with CKD

10/17/2019- Options if kidneys fail: Dialysis, transplant, natural life options

10/24/2019- 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

Map for Na Pu'uawai Native Hawaiian Health Care System
604 Maunaloa Highway, Building C, Kaunakakai
Molokai

