

Aloha Kidney



Jan/Feb 2021 Online class series

With	Ramona Wong MD Kidney doctor - retired	How	Fill out and submit form on our alohakidney.com website to enroll. A link to the class of the week will be emailed to you on Sundays during the series. On Saturdays a live Zoom meeting will be held for questions.
Who	Anyone who loves their kidneys, especially if Chronic Kidney Disease, excess protein in urine, or decreased GFR		
What	6 weekly class videos 2+ hours each	Ask	Those who love you to enroll too, especially if they buy/cook the food
Why	EZ, flexible, optional, no requirements, up to you!	Cost	No cost

What we talk about

- Jan 17-23 - You and your kidneys: What kidneys do, what happens when they fail
- Jan 24-30 - Aloha kidney: How to slow loss of kidney function, protect what's left
- Jan 31-Feb 6-Kidney, heart, brain connection: Why at risk and what to do about it
- Feb 7-13 - Food, labs, meds . . . help?! Understand what matters with CKD
- Feb 14-20 - Options if kidneys fail: Dialysis, transplant, natural life options
- Feb 21-27 - 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**

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