

# Aloha Kidney



## Sept-Oct 2021 Online class series

With	Ramona Wong Kidney doctor - retired	How	Fill out and submit form on our <a href="http://alohakidney.com">alohakidney.com</a> website to enroll. A link to the class of the week will be emailed to you each Sunday 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, Pause when you want, view at your pace	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

Sep 12-18 You and your kidneys: What kidneys do, what happens as they fail

Sep 19-25 Aloha kidney: How to slow loss of kidney function, protect what's left

Sep 26-Oct 2 Kidney, heart, brain connection: Why at risk and what to do about it

Oct 3 - 9 Food, labs, meds . . . help?! Understand what matters

Oct 10-16 Options if kidneys fail: Dialysis, transplant, natural life options

Oct 17-23 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](http://www.alohakidney.com) OR Call (808) 585-8404