

# *Aloha Kidney*

With	Ramona Wong MD Kidney doctor - retired	What	6 weekly classes, 2 1/2 hours each
Where	East Hawai'i IPA Ka Waena Lapa'au Blg. LOWER LEVEL 670 Ponahawai St#117 Hilo, HI 96720	When	1 – 3:30 pm Thursday afternoons
Who	Anyone who loves their kidneys, especially if Chronic Kidney Disease, excess protein in urine, or decreased GFR	Bring	Pen, and invite those who love you to enroll, especially if they buy/cook the food

# What we talk about

9/19/3019 - 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](http://www.alohakidney.com) OR Call (808) 585-8404

