

Aloha Kidney

Sept – Oct 2019 Honolulu series

With	Ramona Wong MD Retired kidney doctor	What	6 weekly classes, 2 ½ 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 who loves their kidneys, especially if Chronic Kidney Disease, excess protein in urine or decreased GFR	Bring	Pen, jacket, and invite those you love to enroll, especially if they buy or cook the food
		Cost	No cost

What we talk about

- 9/14/2019 - You and your kidneys: What kidneys do, what happens when they fail
9/21/2019 - Aloha kidney: How to slow loss of kidney function, protect what's left
9/28/2019 - Kidney, heart, brain connection: Why at risk and what to do about it
10/5/2019 - Food, labs, meds . . . help?! Understand what matters with CKD
10/12/2019- Options if kidneys fail: Dialysis, transplant, natural life options
10/19/2019- Choices: Others share their journey with dialysis, transplant, natural life

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

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