

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 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	Access to 6 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

May 9-15 - You and your kidneys: What kidneys do, what happens when they fail

May 16-22 - Aloha kidney: How to slow loss of kidney function, protect what's left

May 23-29 -Kidney, heart, brain connection: Why at risk and what to do about it

May30-Jun5- Food, labs, meds . . . help?! Understand what matters with CKD

June 6-12 - Options if kidneys fail: Dialysis, transplant, natural life options

June 13-19 - Choices: Others share their journey with dialysis, transplant, natural life

Enroll online at [www.alohakidney.com](http://www.alohakidney.com) OR Call (808) 585-8404

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