

Aloha Kidney

Sept-Oct 2019 Waimea class series

With	Ramona Wong MD Retired nephrologist	What	6 weekly classes, 2 ½ hours each
Where	Tutu's House 64-1032 Mamalahoa Hwy #304 Waimea, HI 96743	When	1 – 3:30 pm Thursday afternoons
Who	Anyone who loves their kidneys, especially if Chronic Kidney Disease, extra protein in urine, or decreased GFR	Bring	Pen, and invite those who love you to enroll, especially if they buy or cook the food
		Cost	No cost

What we talk about

- 9/19/2019 - 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 or Call **(808) 585-8404**

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Map for Tutu's House
64-1032 Mamalahoa Hwy # 305
Waimea, HI 96743

