Aloha Kídney

2017 class series offered: May, Sept

With	Ramona Wong MD Nephrologist	What	6 weekly classes, 2 ½ hours each
Where	HMSA Center @ Hilo 303A East Maka'ala St. Hilo HI 96720	When	1 – 3:30 pm Thursday afternoons
Who	Anyone interested in, at risk for, or with CKD, GFR less than 60, or excess protein in urine	Bring	Pen, a family or friend who loves you (one who buys/cooks the food)
	•	Cost	No cost

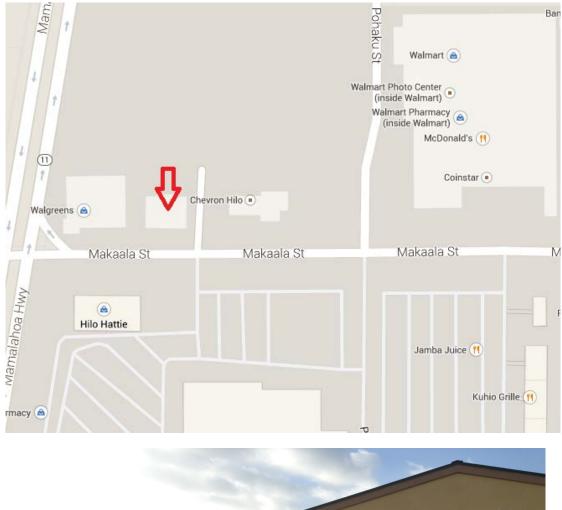
What we talk about

5/18/17 – You and your kidneys: What kidneys do, what happens when they fail 5/25/27 – Aloha kidney: How to slow loss of kidney function, protect what's left 6/1/17 - Kidney, heart, brain connection: Why at risk and what to do about it 6/8/17 - Options if kidneys fail: Dialysis, transplant, natural life options 6/15/17 – Food, labs, meds . . . help?! Understand what matters with CKD TBA – Choices: Others share their journey with dialysis, transplant, natural life

> Come see if these classes can help you and your family. Call to register: (808) 585-8404

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Directions to HMSA Center @ Hilo





- 1. From Kanoelehua Ave. turn onto E. Maka'ala St. (next to Walgreens)
- 2. Turn left into the Walgreens parking lot before the Chevron gas station
- 3. The HMSA Neighborhood Center is located immediately to your left
- 4. You may park in front of the HMSA Neighborhood Center.