Aloha Kídney

September 2017 class series

With Ramona Wong MD

> What 6 weekly classes, Kidney doctor - retired 2 ½ hours each

Where East Hawai'i IPA

> When 1 - 3:30 pmKa Waena Lapa'au Blg.

LOWER LEVEL

670 Ponahawai St#117

Hilo, HI 96720

Bring Pen, a family or friend Who Anyone interested in,

who loves you (one who

Thursday afternoons

at risk for, or with CKD, buys/cooks the food) GFR less than 60, or

excess protein in urine Cost No cost

What we talk about

9/21/17 - You and your kidneys: What kidneys do, what happens when they fail

9/28/17-Aloha kidney: How to prevent or slow loss of kidney function, protect what's left

10/5/17 - Kidney, heart, brain connection: Why at risk and what to do about it

10/12/17 - Options if kidneys fail: Dialysis, transplant, natural life options

10/19/17 – Food, labs, meds . . . help?! Understand what matters with CKD

10/26/17 - Choices: Others share their journey with dialysis, transplant, natural life

Come and see if these classes can help you and your family.

Call to register: (808) 585-8404

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