## Aloha Kídney

## January 2018 class series

With Ramona Wong MD

Where

What

6 weekly classes, 2 ½ hours each

Nephrologist

**HMSA Kona Office** 

When

1 - 3:30 pm

Crossroads Prof Cntr

75-1029 Henry St. #301

Thursday afternoons

Who Anyone interested in,

at risk for, or with CKD,

GFR less than 60 or extra 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

1/18/18 - You and your kidneys: What kidneys do, what happens when they fail

- Aloha kidney: How to slow loss of kidney function, protect what's left 1/25/18

2/1/18 - Kidney, heart, brain connection: Why at risk and what to do about it

2/8/18 - Options if kidneys fail: Dialysis, transplant, natural life options

- Food, labs, meds . . . help?! Understand what matters with CKD 2/15/18

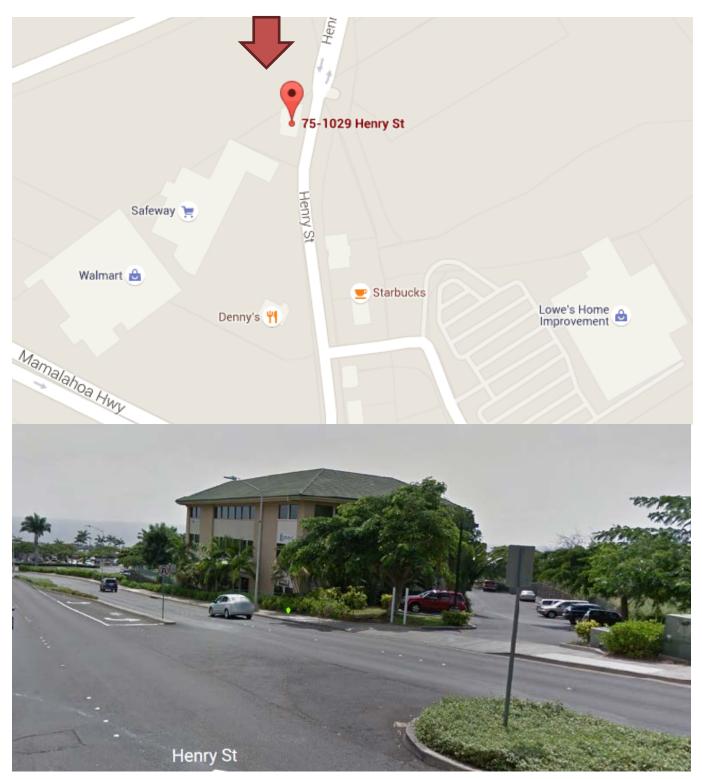
2/22/18 - Choices: Others share their journey with dialysis, transplant, natural life

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

Call to register: (808) 585-8404

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## Directions to HMSA Kona Office, Crossroads Professional Center, 75-1029 Henry Street, Suite 301



- 1. From Mamalahoa Hwy. turn onto Henry Street (next to Safeway)
- 2. Turn left into the Crossroads Professional Center
- 3. The HMSA Branch Office is located on the 3<sup>rd</sup> Floor and is disability accessible