

Aloha Kidney

January 2018 class series

With	Ramona Wong MD Nephrologist	What	6 weekly classes, 2 ½ hours each
Where	HMSA Kona Office Crossroads Prof Cntr 75-1029 Henry St. #301	When	1 – 3:30 pm 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
- 1/25/18 - Aloha kidney: How to slow loss of kidney function, protect what's left
- 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
- 2/15/18 - Food, labs, meds . . . help?! Understand what matters with CKD
- 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 3rd Floor and is disability accessible**