

# Aloha Kidney

## January 2019 Hilo class series

With	Ramona Wong MD Kidney doctor - retired	What	6 weekly classes, 2 ½ hours each
Where	East Hawai'i IPA Ka Waena Lapa'au Bldg. LOWER LEVEL 670 Ponahawai St#117 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

1/24/2019 - You and your kidneys: What kidneys do, what happens when they fail

1/31/2019 - Aloha kidney: How to slow loss of kidney function, protect what's left

2/7/2019 - Kidney, heart, brain connection: Why at risk and what to do about it

2/14/2019 - Food, labs, meds . . . help?! Understand what matters with CKD

2/21/2019 - Options if kidneys fail: Dialysis, transplant, natural life options

2/28/2019 - Choices: Others share their journey with dialysis, transplant, natural life

[Come and see if these classes can help you and your family.](#)

Call to enroll **(808) 585-8404** or online [www.alohakidney.com](http://www.alohakidney.com)

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