

What do Kidney Care participants have to say?

“Lots of information and I lost weight!” - Francisco

“Excellent presentations and interactive too.” - Pua

“I was able to control my blood sugar.” - Loseli

“I enjoyed the classes. Very useful information.” - Ram

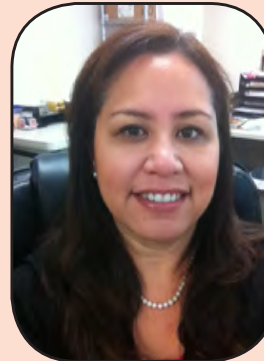


National Kidney Foundation of Hawai'i gratefully acknowledges our supporters/partnerships:

NKFH volunteers, Kapi'olani Community College, Whole Foods, Foodland, Kahuku Medical Center, KTA Superstores, Hilo Medical Center, Soontaree's Deli, Ho'ola Lahui Hawai'i, Big Save, OHA, YMCA, Times Supermarkets, Ohana Health Plan, KCC culinary program, Castle Medical Center, Fresenius Medical Care, Foodland, Ho'oala Housing, University of Phoenix, Malama Market, Waipahu Church of Christ, Ala Moana Pacific Center, Abe Realty Inc., 24hr Fitness

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Kidney Care Workshop



Get Educated • Get Connected • Be Empowered



National Kidney Foundation™
of Hawaii

www.kidneyhi.org



SESSION 1 Meet Your Kidneys

This is an introductory class on your kidneys. It will enable you to identify warning signs of kidney disease and give you tools to make better decisions about your health.

SESSION 2 Nutritious Foods

We can't live without, but we can certainly learn how to make healthy choices. A cooking demonstration will allow you to see, smell, & taste!

"It's the little things that make the BIGGEST difference"

SESSION 3 Physical Activity

Get moving! Learn different types of physical activities that we normally don't think of as exercise.



SESSION 4 Medication Management and / or Store Tour

Go on a supermarket tour, apply your knowledge, and shop for healthier foods choices.

