



Olakino

Magazine

October
'Okakopa

**CANCER AWARENESS,
PREVENTION, & CARE**



A message from our Board of Directors

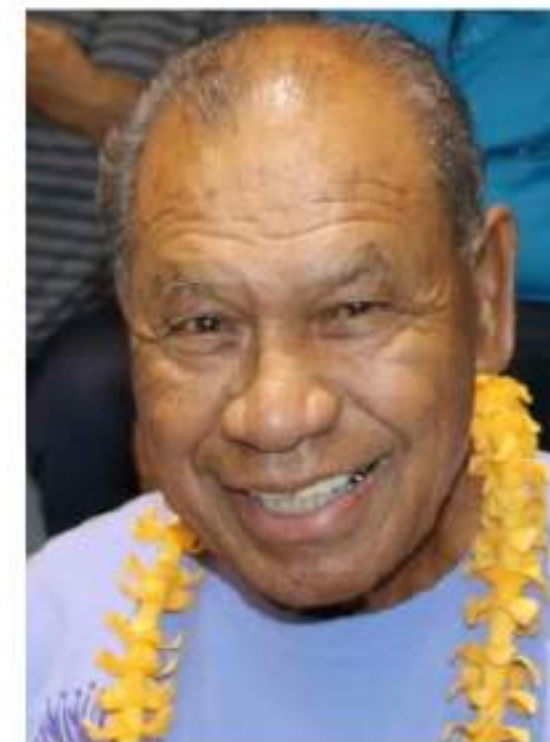


Aloha kākou,

October is Breast Cancer Awareness month. Cancer is a serious disease and early detection is very important. I encourage all of our women to make sure you do your self breast exams and that you visit your doctor for mammograms as recommended. Finding cancer early can save your life. For any of you affected by cancer, I invite you to join our cancer support group that meets twice a month. Hui Mālama is here to support you in taking care of your health. Our largest women's health event of the year happened last month, the 17th Annual Ladies' Night Out. It was a wonderful evening with over 400 guests and over 300 volunteers and service providers. On behalf of Hui Mālama, I want to thank all our guests and all our providers that made the evening possible. We hope the evening provided some much needed pampering and also encouraged more focus on women's health. If you didn't come to Ladies' Night Out or haven't been to any of our programs, come visit us at Hui Mālama Ola Nā 'Ōiwi and learn about our free services!

Mahalo! Mabel De Silva - Chair

A message from our Executive Director



Aloha mai kakou,

To all of us at Hui Mālama Ola Nā 'Ōiwi, our community is our ohana and our kuleana. Our purpose is to provide health education and resources to help our Hawai'i Island be a healthier place. To do this, we offer health classes and support group meetings. We provide zumba, yoga, and stretch classes. We attend community events and share resources for all who attend. But furthermore, we want to build stronger relationships with our ohana. It is important that we know our community, that we know and understand your needs. If we know who is battling cancer, who is diagnosed with diabetes, who struggles from high blood pressure, etc., we can better help. I think back to Hurricane Iselle a couple years ago where emergency response was needed, especially in the Puna area. Hui Mālama deployed mobile services to assist our community. It was vital that we knew where the elderly lived, who was in a wheelchair, who had transportation, and who was sick so that we could help those in need. We have been building relationships with our Hawai'i community for over 25 years, and we want to continue to get to know you. Come visit us, call us, let us know what you need. We are here to help you live a healthier and happy life.

1 *Mahalo nui loa, Louis Hao - Executive Director*



Hui Mālama Ola Nā 'Ōiwi
Community Health Education Services
Live Longer & Feel Better, Together.

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Become a member today!

Take advantage of Hui
Mālama Ola Nā 'Ōiwi's
free health services.

Just visit:

HMONO.org/connect



WE ARE GOING MOBILE!

Effective September 30, 2017

Ka'u, Kona, and Waimea offices will be mobile

We are excited to announce that we are expanding our capabilities through mobile services. We will be out in the community, visiting agencies, and outreaching to clients.

As a non-profit organization, we are working to best serve our Hawai'i Island community with our limited resources. To reduce rent, utilities, insurance, and maintenance costs, we will not be renewing building leases as they expire. Instead, we will invest those funds into our programs that serve you, our community. As our office buildings close, please know we are still present across the island. We will continue to run classes and programs island-wide. Our Hilo office will continue to be our "main office", so please call us at 969-9220 to learn more about our services and sign up for classes.

Upcoming services include Hypertension, Diabetes, & Nutrition classes and the Healthy Hapai Prenatal Program happening in the Ka'u, Kona, Waimea, Puna, and Hilo areas.

For more information on all Hui Mālama services, visit HMONO.org

Live Longer & Feel Better, Together.

• Hilo office 1438 Kilauea Avenue Hilo, HI 96720 • **Phone:** (808) 969-9220 • **Fax:** (808) 961-4794 • HMONO.org



Mākau Kino Exercise & Fitness Updates

Zumba with Keanne!

Mondays & Wednesdays

5:30-6:30pm

Malia Puka O Kalani Church
Gym



Zumba with Rhonda!

2nd & 4th Friday

10-11am

Hui Mālama Hilo office
1438 Kilauea Ave

Basic Stretch & Strengthening

Tuesdays & Thursdays

10:30-11:30am

Malia Puka O Kalani Church Gym
326 Desha Ave, Hilo

*Free and open to the
community!*

Yoga

Tuesdays & Thursdays

5-6pm

Malia Puka O Kalani Church Gym

Join us today. ☎ (808) 969-9220 | HMONO.org

Meet Leila Ryusaki

Leila was in her early 20s when she started her career in the field of healthcare as a pharmacy technician in Hilo. In 2007, she accepted a position at the North Hawai'i Community Hospital and was able to gain experience working in radiology, the financial business office, and the Waimea Women's Center. It was her work at the Women's Center that piqued her interest in prenatal care. Leila worked in the Ob-Gyn clinic with four midwives to conceptualize and start a prenatal care group called Centering Pregnancy. She worked as program coordinator for Centering Pregnancy for five years. During her time as program coordinator, she furthered her training and knowledge by attending three childbirth and three lactation workshops.

Leila brought her knowledge to Hui Mālama Ola Nā 'Ōiwi to develop the Healthy Hāpai prenatal program initiative. Leila's dedication and passion for prenatal and postnatal education has been integral in the planning of Hui Mālama's Healthy Hāpai program. She developed an engaging and educational curriculum to meet the prenatal needs of our hāpai women.

Leila has worked closely with the Hui Mālama Health Education team to bring the program to the community. The program offers prenatal education to mothers in their first and second trimester. The prenatal groups are offered in five locations across the island, and provide the opportunity to meet with Hui Mālama health educators for hands-on learning about maternity



health and wellness practices. Those who are interested in the program can expect to learn how to take care of their bodies - especially after birth, how to take care of their babies once they're born, and much more! The Healthy Hāpai program is not only for Hāpai mothers. Attending mothers are welcome to bring a partner, friend, or family member to classes! Call Hui Mālama Ola Nā 'Ōiwi today to learn more and sign-up! (808) 969-9220

Healthy Hāpai



The FREE program offers prenatal education to mothers in their first & second trimester.

- Meet with **Hui Mālama** health educators!
- Hands-on learning!
- Maternity health & wellness practices!

The program is offered in five locations across the island. Call **Hui Mālama Ola Nā 'Ōiwi** today to learn more and sign-up!

Healthy Hapai program is offered in Hilo and Puna October through November 2017. Call us for more dates & locations.

FREE PRENATAL EDUCATION!
HEALTHY HĀPAI PRENATAL PROGRAM

La'au Lapa'au Workshop

October 21, 2017
10:00am-3:00pm
Kohala Village Hub "Barn"

What is La'au Lapa'au?

Po'okela Ikaika Dombrigues explains, "La'au Lapa'au is a practice that's been in the Hawaiian islands for thousands of years. It has to do with natural herbs from the land; plants, animals, minerals from the ocean. Through the power of pule (prayer), we apply it to our bodies."

Did you know there are over 3,500 types of la'au that grow in the islands? Hui Mālama Ola Nā 'Ōiwi holds workshops and classes across Hawai'i island to share about la'au and the spiritual practice of using plants to heal the body.

Po'okela Ikaika Dombrigues leads the Hui Mālama

educational events, sharing knowledge learned from his kupuna and ancestors of how to use la'au to treat a variety of ailments including: hypertension, diabetes, cancer, arthritis, and stress.

Po'okela will be leading a workshop on October 21, 10:00am-3:00pm at the Kohala Village Hub "Barn", providing participants with the opportunity to see la'au, learn how la'au can be used for health remedies, and also learn more about other traditional Hawaiian healing practices including Lomilomi Ha Ha. Seating is limited. Please call Hui Mālama Ola Nā 'Ōiwi at (808) 969-9220 to reserve a space!



Po'okela
Ikaika Dombrigues

Mana'o from Uncle:

"Different types of limu (seaweed and freshwater algae) have been used as Lapa'au for thousands of years by Native Hawaiians. To name a few uses, indigenous Hawaiian populations used limu kala, limu kohu, and 'ele'ele to heal physical and spiritual wounds, as well as supplement their diets with a source of iron. Physical wounds such as cuts could be healed by applying limu directly on the cut after it is chewed into a poultice. The iodine in the limu helps to boost the immune system with iron, and the saltwater from the limu helps to strengthen the muscles. Minerals from both the limu and the saltwater work together to heal the body when it is deficient in nutrients."



Limu (seaweed)

MEDICARE ANNUAL ENROLLMENT IS OPEN!

It's that time of year again, "Medicare Annual Enrollment (October through December 7)," and we have a local resource to help you!

Do you have questions about Medicare plan options? Raina Melket from Premier Benefit Consultants will be coming to Hui Mālama's Hilo office October 13 to help you better understand your Medicare plan options for 2018. She will be offering us education on Medicare basics, one-on-one consultation, evaluation and all of this will be offered free of charge.

Date: Friday, October 13

Time: 11:30am to 5pm

What: One-on-one consultation appointments
Appointments will be scheduled for 30 minutes for a single member and 45 minutes for couples. Walk-ins are welcome, however, we highly encourage you to contact us to schedule an appointment with Raina. Appointments will be given priority. Walk-ins are not guaranteed to be seen due to time constraints.

Please contact Judy or Leenal at (808) 969-9220 to schedule your appointment.



PREMIER
BENEFIT CONSULTANTS

Cancer Awareness, Prevention, & Care

Cancer affects us all, but there are steps you can take to reduce your risk and increase awareness. Early detection can save your life! Speak with your doctor about cancer screenings and self-exams.

Manage your risk.

Eat healthy with plenty of fruits and vegetables
Exercise, stay active
Stay fit, maintain a healthy weight

Number 1 - Sun!

Did you know skin cancer is the most common form of cancer in men and women? Apply your sunscreen, wear your hats, and be mindful of our hot Hawai'i sun!



October is Breast Cancer Awareness Month

Breast cancer is the second most common cancer among women in the United States which is why it is important to receive regular screenings and know what you can do to lower your risk. The presence of breast cancer can be found by scheduling an appointment for a mammogram screening with your doctor.

According to the American Cancer Society, some ways to lower your risk of developing breast cancer include:

- Reducing alcohol consumption
- Losing and maintaining a healthy weight
- Stay active
- Avoid smoking tobacco

Mammograms are currently the most effective method of detecting breast cancer and are highly recommended. For women at average breast cancer risk, cancer screenings should be sched-

uled every year for women aged 40 to 54. Family history, race and ethnicity factor in on risk level, but early cancer screenings can lead to early detection of cancer and reduction of risk.

Call your healthcare provider today or check out cancer.org on the web to learn more about the benefits of breast cancer screenings and early detection. Sources: *cancer.org, 2017*



Prostate Cancer Awareness

The prostate is below the bladder, in front of the rectum and is only found in men. Prostate cancer is currently the most common cancer following skin cancer in American men. Approximately 1 out of every 7 men will be diagnosed with prostate cancer during their lifetime.

Here are some ways you can lower your risk of developing this disease:

- Eating at least 2 ½ cups various vegetables and fruits every day
- Stay active
- Maintain a healthy weight

Risk factors, such as your race, age, and family history cannot be controlled. However, you can participate in a simple blood test in order to identify prostate cancer early on.

It is recommended to have regular screening for prostate cancer annually at age 50 (earlier for some circumstances, speak with your doctor). So next time you visit your local healthcare provider, make sure you ask about the benefits of prostate cancer screening! Sources: *American Cancer Society, 2017, www.zerocancer.org*

Breast Days Ever!

A BREAST CANCER AWARENESS EVENT FOR THE WHOLE FAMILY

Contests, activities, photo booth, balloons, and more!

SATURDAY, OCTOBER 7TH

**HPM KONA
9AM TO 12 NOON**

Entertainment by:
Zumba with Rowena & Friends
Te `E`a O Te Turama
KBIG FM Future Big Star Winners

SATURDAY, OCTOBER 14TH

**HPM HILO
9AM TO 12 NOON**

Entertainment by:
Zumba Hilo Chicas
Puna Taiko Drummers
KBIG FM Future Big Star Winners

BEAUTIFUL BRA CONTEST

**Enter to win an overnight staycation at a fabulous Waikoloa Resort!
Register by emailing jill@kbigfm.com**

**SHOW YOUR SUPPORT
MAKE A PURCHASE WEARING**

PINK

**AND HPM WILL DONATE \$5
TO HUI MALAMA OLA NA OIWI**



**JOIN US AS WE
FIGHT
BREAST CANCER**

Spin the Wheel
to play the

PRICE STAY GOOD

for your chance to win
\$100 HPM Gift Card!



**Hui Mālama
Ola Nā 'Ōiwi**

Proceeds go to the Hui Mālama Ola Nā Ōiwi Cancer Program. A health education non-profit agency on Hawai'i Island offering breast cancer education, prevention, and support group efforts.

**Special Mahalo To:
Meadow Gold Dairies, Aloha Baskets & Balloons, Airgas & Jei Angel Digital Designs**

Sponsored in part by:





Hui Mālama Ola Nā 'Ōiwi

Community Health Education Services

Ladies' Night Out

Hui Mālama Ola Nā 'Ōiwi extends a very special mahalo nui loa to all the individuals, businesses, and agencies that offered their services, time, expertise, and donations free of charge to help make our 17th Annual Ladies' Night Out a huge success!

Mahalo to the following individuals and business for their generous donations and support:

Aloha Care
 Aloha Grown LLC
 Audrey Bento
 Bay Clinic Dental
 Bekeha Nakila
 Big Island Candies
 Big Island Delights
 Big Island Sound Production
 Bubba Gump Shrimp Co.
 Cindy Fuke
 Coalition for a Tobacco-Free Hawai'i
 Creative Arts Hawaii
 Edna Macanas
 Elks Club
 Hair DeZigns by Francis
 Hawaii Community College Culinary Arts
 Hawaii County Committee on Status of Women
 Hawaii County Prosecuting Attorney
 Hawaii Foodservice Alliance
 HELCO
 Hilo Hawaiian Hotel
 Hilo Medical Center
 HMSA
 HPM Building Supply
 Imiloa Astronomy Center of Hawaii
 Kama'aina Healing
 Kamehameha Schools East
 Hawai'i Region
 Kelton Chang
 Kens House of Pancakes
 Kozmic Cones
 KTA Super Stores
 Kuhio Grille
 Lexbreezy Hawaii - Alexis
 Ahakuelo

Lex Brodie's Tire Hilo
 Lex Brodie's Tire Kona
 Lili'uokalani Trust
 Mary Kay
 Mauna Kea Beach Hotel
 Mauna Loa Macadamia Nut Corporation
 Meadow Gold Dairies Hawai'i
 Michelle Furutani
 Millie's Deli & Snack Shop
 Nyla Tahara-Day
 Ohana Healthcare
 Ohana Party Rentals LLC
 Papa'a Palaoa Bakery
 Ponds Hilo
 Puna Islandwide Rentals LLC
 Punalu'u Bake Shop
 Raimie Hawk
 Renee's Hairstyling
 Simply Sisters
 Skin Sense Hawaii - Dale Pregil
 Starbucks - Kilauea
 Supercuts-Hilo
 Supercuts-Pahoa
 TD Food Group, Inc.
 The Most Irresistible Shop in Hilo
 UH Hilo Athletics Dept.
 United Healthcare
 Wahine Toa
 Walmart
 Wehi Designs
 YWCA of Hawaii Island
 Healthy Families Program
 Zippy's Restaurant

Mahalo to our service providers and volunteers for providing their time and services:

A Cut Above
 Aka Unu
 AlohaCare
 Andrade Ohana
 Andrew Atafua
 Austin Nakamura
 Aunty Sandi's Human Services Practicum
 Back to Basics Chiropractic LLC
 Bay Clinic, Inc
 Big Island Nutrition Council
 Big Island Sound Production
 Blue Zones Project
 Brandon Kobashigawa
 Brendan Freitas
 Cedrick Freitas
 Cheryl Nakagawa
 Circle K International
 Coalition for a Tobacco-Free Hawai'i
 Eric Valledor
 Hawai'i Public Health Institute-East Hawai'i
 Healthy Families Program
 Hilo Medical Center
 Hiwalani La'a
 HMSA
 Hui O Wahine FCE
 Hula Sisters / Simply Sisters
 Iris Seaton
 Jada Ann Wagner-Mason
 Jamberry Consultant
 Janie Oshiro
 Jetta Silva
 Jordyn Smith
 Kaiulani Bagario
 Kama'aina Healing
 Kamaile Puluole-Mitchell
 Kauila Haumea
 Kaylee Talaro
 Keahi Tajon
 Koa Yamashita
 LeAnn Lindsey
 Lili'uokalani Trust
 Manaiakalani Kalua
 Mālama Ka Pili Pa'a

Margaret Patterson
 Mary Kay
 Massage By Tim
 MasterCuts
 Mireille Ellsworth
 'Ohana Health Plan
 Pahoa High Football Team
 Panui & Scott Ohana
 Project Vision Hawaii
 Regis Salon
 Rianalyn Handy
 Sarah Josef
 Shani Cosma
 Shannon Mathias
 Shaunna's Beauty Salon
 Sheri Freitas
 Stacy Kagimoto & Friends
 Sue Ann Matsuyama
 SuperCuts- Hilo
 Supercuts - Kea'au
 Supercuts-Pahoa
 Sylvia Amaral-Arquitola
 Taylen Kahihikolo
 The ARC of Hilo
 The Daniel K. Inouye College of Pharmacy
 The Food Basket
 United Healthcare/ Financial Benefits Inc.
 UnitedHealthcare Community Plan
 University of Hawai'i at Hilo School of Nursing
 Verge Galima
 Veronica Domingo
 Vibration Zone
 Waiakea District students
 Waiakea High Health Club
 Waiakea High Key Club
 Wayne Kamohai
 White Ginger Healing
 WIC
 Xandra Talaro
 YWCA of Hawaii Island Healthy Families Program
 Youth Challenge Academy

Mahalo to our sponsors.

This event was made possible through funding from the County of Hawai'i and the Health Resources & Services Administration.

Mahalo to our event partners:

Lili'uokalani Trust
 Hilo Medical Center
 Kamehameha Schools



Hui Mālama Ola Nā 'Ōiwi held its 17th Annual Ladies' Night Out (LNO) event on Friday, September 29, 2017 at the Afook-Chinen Hilo Civic Auditorium in Hilo.

Ladies' Night Out promotes health awareness and appreciation for the women of our Hawai'i Island community by providing an evening of free pampering and health services.

419 guests enjoyed the evening of free mini-manicures, hand & foot massages, haircuts, crafts, refreshments, and a photobooth!

Health screenings were available for all event participants including blood pressure, blood sugar, and vision. The evening was a success with the help of over 300 service providers and volunteers.

This special women's health event is a tribute to Ms. Nancy Everett, a registered nurse who worked closely alongside Hui Mālama Ola Nā 'Ōiwi until her untimely passing in 2000.

Memorial funds gifted to the agency by Nancy's family help us to continue the event and express her aloha and vision for women and children's health.

Hui Mālama Ola Nā 'Ōiwi extends a very special mahalo nui loa to all the individuals, businesses, and agencies that offered their services, time, expertise, and donations free of charge to help make our 17th Annual Ladies' Night Out a huge success!



Hui Mālama Ola Nā 'Ōiwi's Keiki's Coloring Corner



Gray



Pink



Dark Blue



Gold

Learn the meaning of every **Cancer Ribbon Color** by:
 1. Coloring each ribbon
 2. Then matching each ribbon to each cancer diagnosis by coloring the diagnosis with the same color



Orange



Purple



Lime



Burgundy

Colon Cancer

Breast Cancer

Childhood Cancer

Leukemia

Pancreatic Cancer

Brain Cancer

Lymphoma

Multiple Myeloma

Answer Key: Gray: Brain Cancer, Pink: Breast Cancer, Dark Blue: Childhood Cancer, Orange: Leukemia, Purple: Pancreatic Cancer, Gold: Colon Cancer, Lime: Lymphoma, Burgundy: Multiple Myeloma

Cancer Awareness, Prevention, & Care



Show your support!

1. Color in the ribbon **PINK**
2. Cut the dotted line
3. Pin your ribbon to your shirt to show your support!



Free sleeping bags and backpacks!

Does your child turn 3 years old this year between August 2017 and July 2018? Has he or she completed all 19 vaccinations? If your keiki is 3 and has completed all 19 vaccinations, submit a copy of your keiki's vaccination records to Hui Mālama Ola Nā 'Ōiwi office and you can choose a backpack or sleeping bag for your child!

Want to learn more about vital vaccines? Call Hui Mālama for more information. (808) 969-9220

Aunty's Health Message



Aloha mai kakou. I am Aunty Edna and today I want to discuss a health issue that is a major concern because of its high rates and significant impact on ALL OF US... cancer. Approximately 39% of men and women will be diagnosed with cancer at some point.

While cancer can happen to anyone, there are steps you can do to manage risk. Live a healthy lifestyle - eat well, stay active, maintain a healthy weight, and avoid smoking. Early detection is key. Make sure you speak with your doctor about the right cancer screenings for you - prostate

exams, mammograms, pap tests, and more. Finding cancer early can save your life. October is designated Breast Cancer Awareness Month. Breast self-exams and mammograms are very important for every woman to do. While cancer rates are high, the number of survivors and those living healthy lives after cancer continues to grow. This gives us hope. Together we can make a difference and be healthy.

Just remember.... we can live longer and feel better together! Come see us at Hui Mālama Ola Nā 'Ōiwi, working over 25 years to help our Hawai'i Island be a healthy and happy place. We are in the book and on the web.

Call us at 969-9220. Hele mai, come see us.....and tell them Aunty Edna sent you!

FIGHT MUMPS

It starts with you



Mumps is spread through contact with saliva or mucus from the mouth, nose or throat of an infected person. Protect yourself and help stop the spread of mumps by using these healthy habits.



Get Vaccinated

The measles-mumps-rubella (MMR) vaccine provides the best protection against this disease.

Symptoms of MUMPS infection

- Swollen glands in front of ears or jaw on one or both sides
- Fever
- Muscle aches
- Headache
- Loss of appetite
- Tiredness



For more information, call 2-1-1 or visit health.hawaii.gov
Language assistance services available through 2-1-1.



Stay home if you are sick

Mumps is easy to spread. Stay home and do not travel or go to school or work for 9 days after the start of swollen glands.



Cover your cough or sneeze

Cover your mouth and nose with your sleeve or a tissue when you cough or sneeze. Toss your used tissues in the waste basket and wash your hands.



Wash your hands

Wash your hands thoroughly and often with soap and warm water.



Use your own cups, forks, and spoons

Sharing cups or eating utensils with someone who has mumps can make you sick.

Disease Transmission by COUGH/SNEEZE-TOUCH





Hui Mālama Ola Nā 'Ōiwi

Live Longer & Feel Better, Together

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2 5:30PM ZUMBA-Keaukaha, Hilo</p>	<p>3 10:30AM Basic Stretch & Strengthening Exercise Class (BS&SEC)-Keaukaha, Hilo</p> <p>4 1PM-2:30PM Cancer Support Group -Hilo</p> <p>5 5PM Yoga-Keaukaha, Hilo</p>	<p>4 2PM Healthy Hapai Class* -Hilo</p> <p>5 5:30PM ZUMBA-Keaukaha, Hilo</p>	<p>5 10:30AM BS&SEC -Keaukaha, Hilo</p> <p>6 5PM Yoga-Keaukaha, Hilo</p>	<p>6 10AM ZUMBA w/ Rhonda -Hilo office</p>	<p>7 9AM-12PM Breast Days Ever Join us at the KBIG FM breast cancer awareness and fundraising event! All proceeds go to Hui Mālama Ola Nā 'Ōiwi! -HPM Building Supply, Kona</p>
<p>9 Columbus Day OFFICE CLOSED</p>	<p>10 10:30AM BS&SEC -Keaukaha, Hilo</p> <p>11 5PM Yoga-Keaukaha, Hilo</p>	<p>11 10AM Hypertension Class* -Hilo</p> <p>12 10AM EFNEP Class* -Ka'u</p> <p>13 5:30PM ZUMBA-Keaukaha, Hilo</p>	<p>12 10:30AM BS&SEC -Keaukaha, Hilo</p> <p>13 1PM-2:30PM Diabetes Support Group -Hilo</p> <p>14 5PM Yoga-Keaukaha, Hilo</p>	<p>13 10AM ZUMBA w/ Rhonda -Hilo office</p>	<p>14 9AM-12PM Breast Days Ever Join us at the KBIG FM breast cancer awareness and fundraising event! All proceeds go to Hui Mālama Ola Nā 'Ōiwi! -HPM Building Supply, Hilo</p>
<p>16 1PM Healthy Hapai Class -Neighborhood Place Puna</p> <p>17 5PM Hypertension Class* -Waimea</p> <p>18 5PM Diabetes Class* -Hilo</p> <p>19 5:30PM Hypertension Class* -Ka'u</p> <p>20 5:30PM ZUMBA-Keaukaha, Hilo</p>	<p>17 10:30AM BS&SEC -Keaukaha, Hilo</p> <p>18 5PM Yoga-Keaukaha, Hilo</p> <p>19 6:30PM-8PM Cancer Support Group -Hilo</p>	<p>18 10AM Hypertension Class* -Hilo</p> <p>19 10AM EFNEP Class* -Ka'u</p> <p>20 2PM Healthy Hapai Class* -Hilo</p> <p>21 5:30PM ZUMBA-Keaukaha, Hilo</p>	<p>19 10:30AM BS&SEC -Keaukaha, Hilo</p> <p>20 5PM Yoga-Keaukaha, Hilo</p>	<p>20 10AM ZUMBA w/ Rhonda -Hilo office</p>	<p>21 10AM-3PM La'au Lapa'au Workshop Open to the public! -Kohala Village Hub</p>
<p>23 1PM Healthy Hapai Class* -Neighborhood Place Puna</p> <p>24 5PM Hypertension Class* -Waimea</p> <p>25 5PM Diabetes Class* -Hilo</p> <p>26 5:30PM Hypertension Class* -Ka'u</p> <p>27 5:30PM ZUMBA-Keaukaha, Hilo</p>	<p>24 10:30AM BS&SEC -Keaukaha, Hilo</p> <p>25 5PM Yoga-Keaukaha, Hilo</p>	<p>25 10AM Hypertension Class* -Hilo</p> <p>26 5:30PM ZUMBA-Keaukaha, Hilo</p>	<p>26 10:30AM BS&SEC -Keaukaha, Hilo</p> <p>27 6:30PM-8PM Diabetes Support Group -Hilo</p> <p>28 5PM Yoga-Keaukaha, Hilo</p>	<p>27 10AM ZUMBA w/ Rhonda -Hilo office</p>	<p>28</p>
<p>30 1PM Healthy Hapai Class* -Neighborhood Place Puna</p> <p>31 5PM Hypertension Class* -Waimea</p> <p>32 5PM Diabetes Class* -Hilo</p> <p>33 5:30PM Hypertension Class* -Ka'u</p> <p>34 5:30PM ZUMBA-Keaukaha, Hilo</p>	<p>31 10:30AM BS&SEC -Keaukaha, Hilo</p> <p>32 5PM Yoga-Keaukaha, Hilo</p>				

Sign up to have this calendar & our monthly Olakino newsletter emailed to you! Visit HMONO.org to subscribe.

EXERCISE & FITNESS
Most exercise classes are now held in Keaukaha.
 Malia Puka O Kalani Church Gym, 326 Desha Avenue Hilo, HI 96720

CLASS SIGN-UP
***Diabetes, EFNEP, Hypertension, & Healthy Hapai class participants must sign up in advance. Please call today! 969-9220. Mahalo!**
Want to sync events with your calendar? Visit HMONO.ORG/EVENTS