

December  
Kēkēmapa 2017



# Olakino

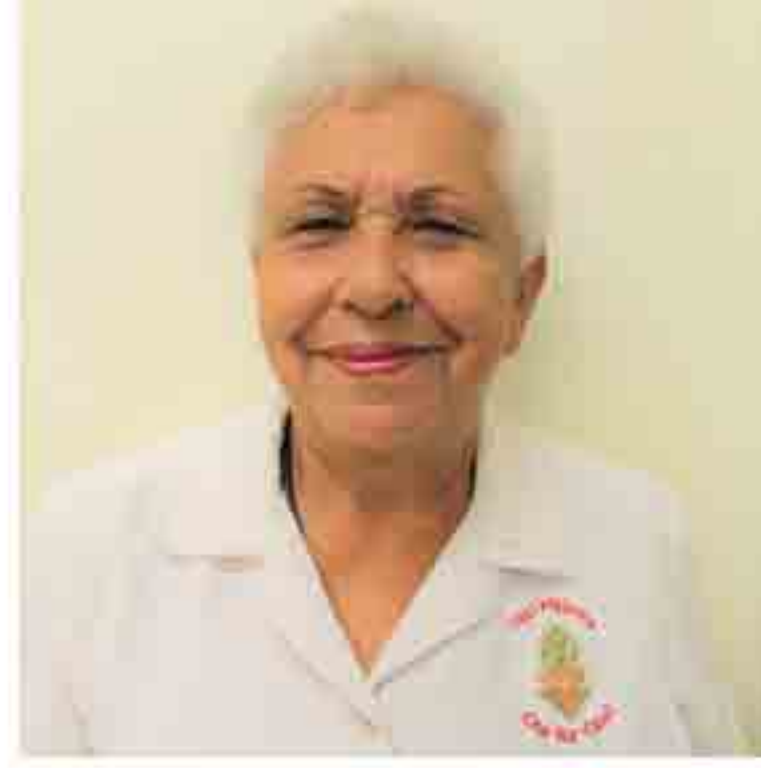
Newsletter



**LOOK INSIDE  
FOR THE 90-DAY  
HEALTH CHALLENGE!**

# The Gift of Health

# A message from our Board of Directors



Aloha kākou,  
Happy Holidays! In this season of thanks and celebration, I am grateful for our Hui Mālama Ola Nā 'Ōiwi family. I am grateful for you. As 2017 closes, the Board of Directors would like to say thank you to our Hawai'i community. It has been a year of great change and growth. We appreciate our 'ohana walking with us in the journey and we hope our services are helping you and your family. We look forward to the New Year and serving you the best we can.

*With aloha, Mabel De Silva - Chair*

# A message from our Executive Director



Aloha mai kākou,  
It is with warm gratitude that I wish you very happy holidays! As Executive Director of Hui Mālama Ola Nā 'Ōiwi, my mission is to ensure our agency is providing quality health education and support to our Hawai'i community. As an agency, we aim to improve the health of Native Hawaiians and all people of Hawai'i Island. Through health education, community outreach, disease prevention information, support group facilitation, and referral services, we can Live Longer and Feel Better, Together!

Reflecting on the year, 2017 has provided much excitement as we grow, improve services, and improve how we serve our people. In a time of many changes, a major effort of Hui Mālama is to become more self-sufficient so that we can continue to take care of our 'ohana no matter changes in legislation or funding sources. It is a time of ho'i ho'i for us, a time of restoring, renewing, and reviving. With that, we are thankful. We are thankful for our Hawai'i Island community. We are thankful for the meaningful work we get to do each day. And we are thankful that ke akua continues to bless and guide us in our efforts. We thank each of you for your support. Over the years, we have been fortunate to build relationships with our Hawai'i Island 'ohana. Each year, our community comes together to donate resources, time, and talent in support of our mission. Mahalo. With a humble heart, I invite you to join our efforts and contribute if you are able. Please visit [HMONO.org/donate](http://HMONO.org/donate) to learn more.

I hope this holiday season brings good health and joy to each of you. As always, we are here for you. Visit us this month and in the new year. Together, we can improve health across Hawai'i.

*Mahalo nui loa, Louis Hao - Executive Director*



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

- 
- Board of Directors**  
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- 

Editor-In-Chief  
Jasmine LeFever  
[jasmine@HMONO.org](mailto:jasmine@HMONO.org)

[HMONO.org](http://HMONO.org)  
(808) 969-9220  
1438 Kīlauea Ave., Hilo, HI 96720  
Facebook: /HMONO.org  
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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](http://HMONO.org/connect)



# What's Happening Around Hawai'i Island?

Hui Mālama Ola Nā 'Ōiwi provides health education across Hawai'i Island through community outreach, health classes, chronic disease prevention & management information, support group facilitation, and referral services.



## Grow Your Own La'au Class

Saturday, December 2, 9am-11am, Hui Mālama Office  
(read more on page 6)

**La'au Lapa'au Beginners Level Classes - Pahala**  
Saturdays, February 3, 10, 17, 2018. (read more on page 6)

## Mākau Kino - Exercise & Fitness

### Zumba with Keanne!

Mondays & Wednesdays, 5:30-6:30pm  
Malia Puka O Kalani Church Gym  
326 Desha Ave, Hilo

### Zumba with Rhonda!

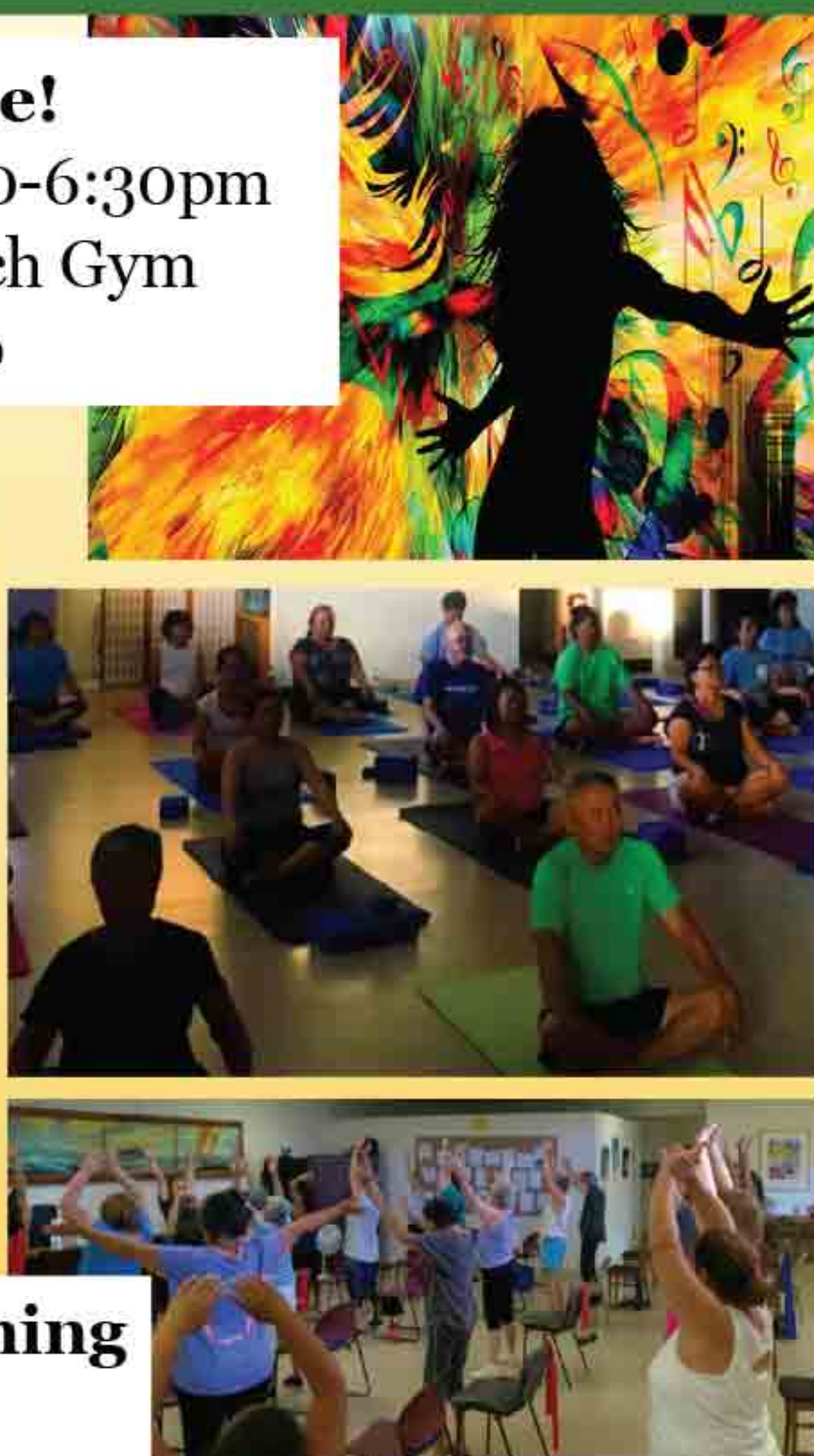
2nd & 4th Friday  
10-11am  
Hui Mālama Hilo office  
1438 Kilauea Ave

### Yoga

Tuesdays & Thursdays  
5-6pm  
Malia Puka O Kalani Church

### Basic Stretch & Strengthening

Tuesdays & Thursdays  
10:30-11:30am  
Malia Puka O Kalani Church



## Hui Mālama Ola Nā 'Ōiwi

### SCHEDULE OF CLASSES

DIABETES, HYPERTENSION,  
HELE MAI'AI NUTRITION, & HEALTHY HĀPAI

Schedule subject to change.  
Please call us to reserve a seat today! (808) 969-9220

	DEC	JAN	FEB
<b>HILO</b>			
DIABETES			2/21 - 3/7 Wednesdays
HYPERTENSION		1/10 - 1/24 Wednesdays	
HELE MAI'AI	Tuesday 12/5 + Weds 12/13 & 12/20		
<b>PUNA</b>			
DIABETES	11/29 - 12/13 Wednesdays		
HYPERTENSION		1/31 - 2/14 Wednesdays	
HELE MAI'AI	12/4 - 12/18 Mondays		
HEALTHY HĀPAI	11/20 - 12/18 Mondays		
<b>KA'U</b>			
DIABETES			2/5, 2/12, 2/26 Mondays
HYPERTENSION		1/8, 1/22, 1/29 Mondays	
HELE MAI'AI	12/4 - 12/18 Mondays		

## Diabetes Support Group

2nd Thursday 1:00-2:30pm, Hui Mālama Office  
4th Thursday 6:30-8:00pm, Hui Mālama Office

**Cancer Support Group - Updated Meeting Times!** (read more on page 12)

1st Tuesday 1:00-2:30pm, Hui Mālama Office  
2nd and 4th Tuesday, 5:30-7:30pm, Hui Mālama Office



## Healthy Hāpai Prenatal Program

Free prenatal classes and a chance to win an infant car seat and breastfeeding pillow!  
(read more on page 5)

Visit our website for information on more services! [HMONO.org](http://HMONO.org)



# HEART HEALTH

## NEARLY HALF OF U.S. ADULTS NOW LIVING WITH HIGH BLOOD PRESSURE

Did you hear? **On November 13, 2017, new guidelines for hypertension (high blood pressure) were released from the American Heart Association lowering threshold for high blood pressure to 130/80.** Previous guidelines listed threshold as 140/90. With the changes, nearly half of the United States are now identified as having high blood pressure.

As the American Heart Association explains, “Hypertension occurs when the force of blood pushing against vessel walls is too high. This added pressure causes the heart to work too hard and blood vessels to function less effectively. Over time, the stress damages the tissues within arteries, which can further damage the heart and circulatory system.”

**Those with hypertension are at a much higher risk for stroke or heart attack.**

Hui Mālama Executive Director Louis Hao shares, “This change impacts our community in the sense that many more people are now defined as having ‘high blood pressure’. The same work remains as before: to educate ourselves and take the proper steps to best manage our health. I want our Hawai‘i Island community to know we are here for you. Just as health issues do not discriminate and

can impact any one of us, our services are open to the public and here for every one of you. If you have high blood pressure, let us help. Together, we can help you understand hypertension and what you can do to live a healthy life.”

Hui Mālama has offered hypertension classes on Hawai‘i Island for most of the last decade. The classes are held year-round across the island in Hilo, Puna, Ka‘u, Kona, and Waimea. **Hui Mālama hypertension classes are free and open to anyone with a hypertension diagnosis.** Led by Hui Mālama health educators, hypertension classes consist of a 2-hour session once a week for three weeks. Participants learn about hypertension, causes, reducing risk, and how to manage the condition while leading a healthy life.

Hui Mālama Community Health Coordinator Wanda Louis, RN, strongly encourages everyone to have their blood pressure checked, “It is important to know what your numbers are. Find out today. Once you know, we can help you with your next steps. Don’t be afraid of your numbers. We’ll work with you. If your numbers are high, we’ll teach you how to manage high blood pressure. It is better to know your numbers so we can make the right plan for you.”

Free blood pressure checks are offered at the Hui Mālama Ola Nā 'Ōiwi office at 1438 Kīlauea Ave., Hilo. Community members can also ask your local fire department and most pharmacies for blood pressure checks. Regular doctor visits are crucial for each person to do and also provide the chance for blood pressure checks.

Hui Mālama encourages our Hawai'i Island community to be proactive in your health. Visit your doctor and have your blood pressure checked. For all, healthy eating, physical activity, and managing stress are three key factors in keeping a healthy blood pressure. If needed, your physician may prescribe medication as a tool for blood pressure management.



The newest guidelines for hypertension:

### **NORMAL BLOOD PRESSURE**

\*Recommendations: Healthy lifestyle choices and yearly checks.

### **ELEVATED BLOOD PRESSURE**

\*Recommendations: Healthy lifestyle changes, reassessed in 3-6 months.

### **HIGH BLOOD PRESSURE / STAGE 1**

\*Recommendations: 10-year heart disease and stroke risk assessment. If less than 10% risk, lifestyle changes, reassessed in 3-6 months. If higher, lifestyle changes and medication with monthly follow-ups until BP controlled.

### **HIGH BLOOD PRESSURE / STAGE 2**

\*Recommendations: Lifestyle changes and 2 different classes of medicine, with monthly follow-ups until BP is controlled.

*\*Individual recommendations need to come from your doctor.*

*Source: American Heart Association's journal Hypertension*

*Published Nov. 13, 2017*

Hui Mālama strives to stay informed on health trends and needs, developing health education services to best help the needs of Hawai'i Island. With the changes to guidelines for high blood pressure, Hui Mālama wants the community to know we are here for you.

For more information, the 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults official report from the American College of Cardiology and American Heart Association Task Force on Clinical Practice Guidelines published on November 13, 2017 can be found online at [heart.org](http://heart.org).

# Healthy Hāpai



Mothers-to-be are learning about healthy lifestyle choices, changes in the body throughout pregnancy, parenting styles, managing stress, and much more.

The five session program is offered island-wide.

If you are pregnant within the first or second trimester, you are eligible to join our **FREE Healthy Hāpai program!** Please call to sign up today.

**(808) 969-9220**

**Have you heard?**

**We launched our Healthy Hāpai prenatal program this November!**



*Leila Ryusaki - Facilitator  
Healthy Hāpai Program*



**Attend all five classes & two support group sessions to qualify to win a free carseat or breast-feeding pillow!**

## Session 1

### *Mālama I Ko'u Ola Kino Hāpai* **Taking Care of My Pregnant Body**

- Healthy Foods & Nutrition
- Healthy Lifestyle Choices
- Pregnancy Discomforts
- Exercise

## Session 2

### *Mālama I Ko'u 'Ohana* **Taking Care of my Family**

- Childhood & Family
- Managing Stress
- Preterm Labor Signs
- Introduction to Breastfeeding

## Session 3

### *E Ho'omakaukau No Ka Hānau 'Ana* **Getting Ready for Birth**

- Preparing for Labor
- Birth Day

## Session 4

### *E Ho'omakaukau No Ko'u Kamaiki* **Preparing for my Baby**

- Preparing for Baby's Basic Necessities
- Pregnancy to Parenting Transition
- Baby Blues & Postpartum Depression

## Session 5

### *Mālama I Ko'u Keiki* **Caring for my Child**

- Newborn Care
- Newborn Safety
- Calming your Keiki

**FREE**

# La'au Lapa'au Beginner Level Classes

*Shared by Po'okela Ikaika Dombrigues*



**Where:** Pahala Community Center  
96-1149 Kamani St, Pahala



**When:** February 3, 17, & 24 2018



**Time:** 9:00am-12:00pm

*Free and open to the community.  
Space is limited. Sign-up today!*



Po'okela Ikaika Dombrigues

## La'au Lapa'au Classes Coming to Pahala

Have you always wanted to learn about natural remedies Hawaiian ancestors used for injuries and illnesses? La'au lapa'au, the spiritual practice of using plants to heal the body, has been in the Hawaiian islands for thousands of years. There are over 3,500 types of la'au on the islands, but not many people today have the ability to identify and use these plants for health. Hui Mālama Ola Nā 'Ōiwi holds workshops and classes across Hawai'i island to share about la'au lapa'au. In February, Po'okela Ikaika Dombrigues will be sharing his knowledge of la'au lapa'au taught to him by his ancestors. Classes will be offered at the Pahala Community Center. These beginner level classes are free and open to the public. Space is limited, so be sure to reserve a seat today by calling us at (808) 969-9220!



**Traditional Health team announces**

## **FREE** "Grow Your Own La'au" A 2-Hour Hands-On Class

**Presented by Matthew Kaho`ohanohano**



**Saturday, December 2nd from 9:00am-11:00am**  
**Hui Mālama Ola Nā 'Ōiwi Hilo Office**  
**1438 Kilauea Avenue, Hilo**



## Grow Your Own La'au Class - December 2

Interested in starting your own garden, but not sure where to start? Join the Hui Mālama Ola Nā 'Ōiwi Traditional Health team for hands-on learning about how to plant healing la'au such as 'olena, lemongrass, and more! This "Grow Your Own La'au" class is FREE and open to the community! Seats are limited so sign-up today by calling (808) 969-9220.

Call us at (808) 969-9220 and ask for the Traditional Health team to sign-up for this class.

# Give Yourself the Gift of Health

When it comes to being healthy, it is a continuous lifelong effort! Being healthy is a constant state of mind and physical effort. Eating habits, physical activity, mental health, sleep... all of these impact your overall health. Often, healthy is thought of as losing weight and exercising until you reach a goal. We challenge the community to think of health as an ongoing goal. To meet your health goals and maintain a healthy state, healthy habits are key.

Give the gift of health to yourself, your family, and your community this holiday season by setting health goals and sticking with them throughout the new year! Health and wellness goals are accomplished through

steady, healthy habits. Studies suggest that it can take up to 90 days to form and stick to a new habit, so we are starting the 90-Day Challenge! Here at Hui Mālama Ola Nā 'Ōiwi, we are encouraging each other and our Hawai'i Island community to practice more healthy habits! Each week will have a new healthy habit challenge to help us build habits and make incremental change. Join us in the 90-Day Challenge and increase your healthy habits by taking 30 minutes out of your day to meditate, going for a 20 minute walk around the neighborhood, drinking more water, and even spending some time outside to watch the sunset everyday. Each person's approach will be unique so find what works for you!

## Are you ready to develop a healthier lifestyle?

If so, JOIN US TODAY! Grab a friend or family member and take the 90-Day Challenge so we can all Live Longer & Feel Better, Together! Complete the challenge form on page 9 with your health goal(s) for the next 90 days!


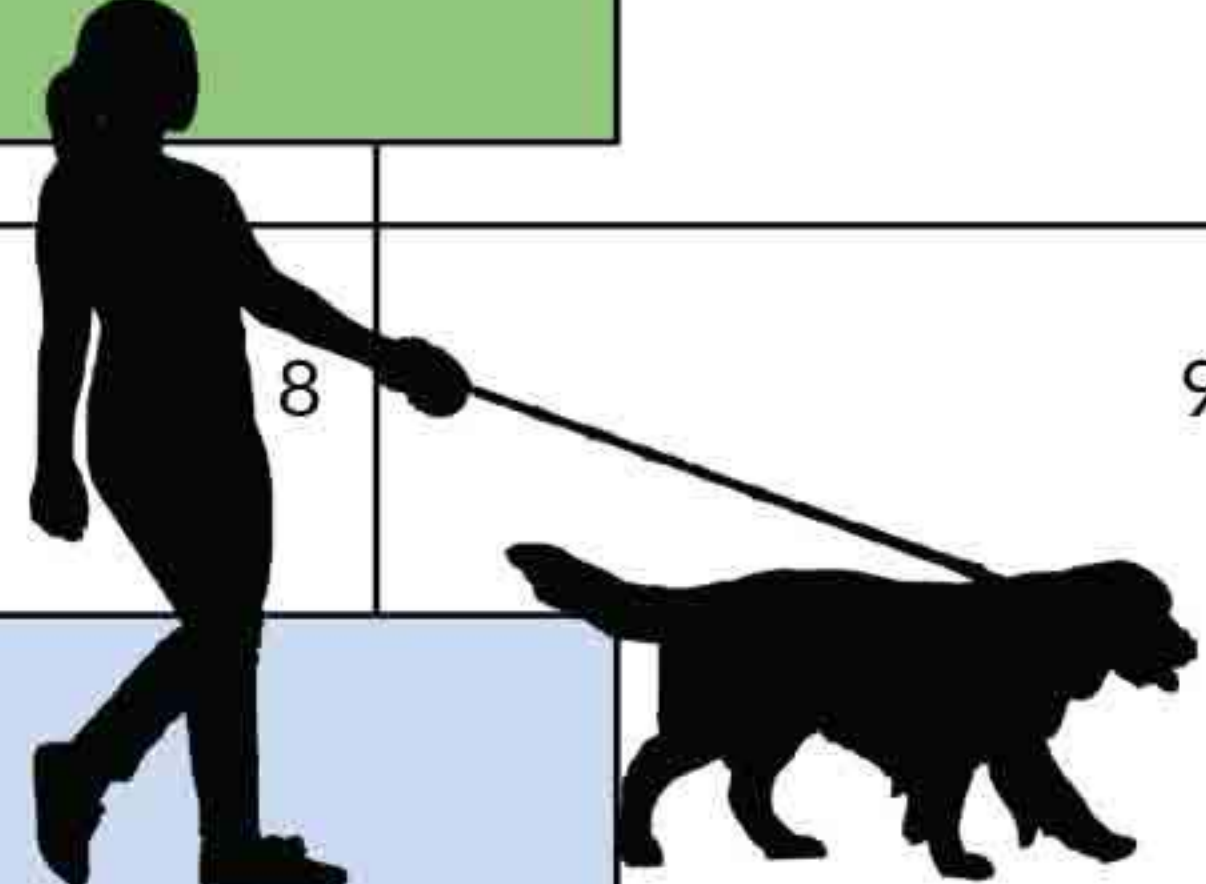



For the month of December, Hui Mālama encourages you to develop a healthier lifestyle by meeting each week's health challenge! We will continue throughout the new year so make sure to pick up the next Olakino edition or join us online to stay updated on the weekly health challenge, connect with others, and share your progress with us!

• HMONO.org • Facebook: /HMONO.org • Instagram: hui\_malama\_ • #hui90



# 90 Day Challenge

## December 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	28	29	30	1	2
 <p><b>Week 1: Drink half of your weight in ounces of water everyday this week!</b>            Staying hydrated is crucial to the healthy functioning of every system in your body.            Ex: If your weight is 180 lbs, drink 90 ounces of water.</p>					
4	5	6	7	8	9
 <p><b>Week 2: Go for a 20 minute walk each day!</b>            150 minutes of moderate exercise a week is recommended by the American Heart Association, so get those walking shoes on!</p>					
12	13	14	15	16	16
 <p><b>Week 3: Eat at least two servings of fruit AND vegetables a day!</b>            Fruits and vegetables add fiber to your diet and can be a great source of vitamins!            It is recommended to have at least 2 fruits and 3 veggie servings a day...start with small changes and you'll get there!</p>					
18	19	20	21	23	23
 <p><b>Week 4: Eat a healthy breakfast each morning this week!</b>            Eating a well-balanced breakfast can give you the energy you need to jumpstart your mornings! Check out <a href="http://choosemyplate.gov">choosemyplate.gov</a> for yummy ideas.</p>					
25	26	27	28	29	30
 <p><b>Week 5: Cut back on eating fast food this week!</b>            Save money and make healthier meals at home.            Limit fried and overly-processed foods. Eat more fresh food!</p>					

# Hui Mālama Ola Nā ‘Ōiwi

## The 90-Day Challenge

**My goals for the next 90 days in order to Live Longer and Feel Better, Together!**

*List or write your goals and healthy habits below.*

**Start date:** \_\_\_\_\_

*Write in your starting place and other health measures you'd like to track.*

**Current weight:** \_\_\_\_\_

**Mile time:** \_\_\_\_\_

**Other** \_\_\_\_\_

**Other** \_\_\_\_\_

**End date:** \_\_\_\_\_

*Great job for keeping with the challenge! We hope you made some healthy changes and feel motivated to keep going!*

**End weight:** \_\_\_\_\_

**Mile time:** \_\_\_\_\_

**Other** \_\_\_\_\_

**Other** \_\_\_\_\_

**Join us on Facebook & Instagram to follow The 90-Day Challenge! Stay updated on the weekly health challenge, connect with others, and share your progress with us!**

**Facebook: /HMONO.org**

**Instagram: hui\_malama\_**

**#hui90**

*Live Longer & Feel Better, Together*

## *Tis the season to be jolly!*

Aloha mai kākou. I am Aunty Edna and today I want to speak with you about this special time of year. The happy holiday season is full of all those special, exciting, family and friends special moments, right?

While it is a season of celebration, it can also be a time of much stress. Shopping for presents, preparing for visitors, cooking food... all with limited time and budgets - it can be stressful! In addition, we often splurge in eating lots

of delicious food - food that may not be healthiest for us. We all want to make the holiday season happy and fun, right?! I encourage you to make it healthy too!

Don't stress. Be present in the special moments and feel rejuvenated in the family time. Eat well, but be mindful of balance. Take care of yourself in this season.

Just remember.... we can live longer and feel better together!

From all of us at Hui Mālama Ola Nā 'Ōiwi, Happy Holidays! Working over 26 years to help our Hawaii Island be a healthy and happy place, mahalo for being part of our ohana.



*Hele mai, come see us..... and tell them Aunty Edna sent you!*



## *Let's Talk Story with Aunty*

Aunty Edna Baldado has been a registered nurse for over 50 years. She spent 28 years with Hilo Medical Center and continued helping her community as a health educator at Hui Mālama Ola Nā 'Ōiwi for the past 25 years. A main focus of aunty's work is addressing the impact of diabetes in Hawai'i.

Did you know, 1 in 8 people in Hawai'i are affected by diabetes? We are spreading diabetes awareness, education, and management knowledge. Aunty holds talk story sessions across Hawai'i Island to meet with our community, answer health questions, and share information. Call us today if you are interested in having Aunty Edna come speak with your school, organization, or community! (808) 969-9220

# Party in Pink

On Friday, October 13, 2017, Zumba Fitness Hawaii held their Party in Pink breast cancer event! Guests danced the night away to the rhythm of Zumba music, raised funds toward breast cancer awareness, and received a breast self-exam kit to help in early detection. Funds raised that evening will aid in Hui Mālama Ola Nā 'Ōiwi efforts on Hawai'i Island to provide breast cancer education, promote early detection practices, and provide tools to keep our community healthy. Mahalo to Gavin Purdy and Zumba Fitness Hawaii for their support and for helping make a difference in breast cancer awareness!



 zumbafitnesshawaii

# Paddling for Hope

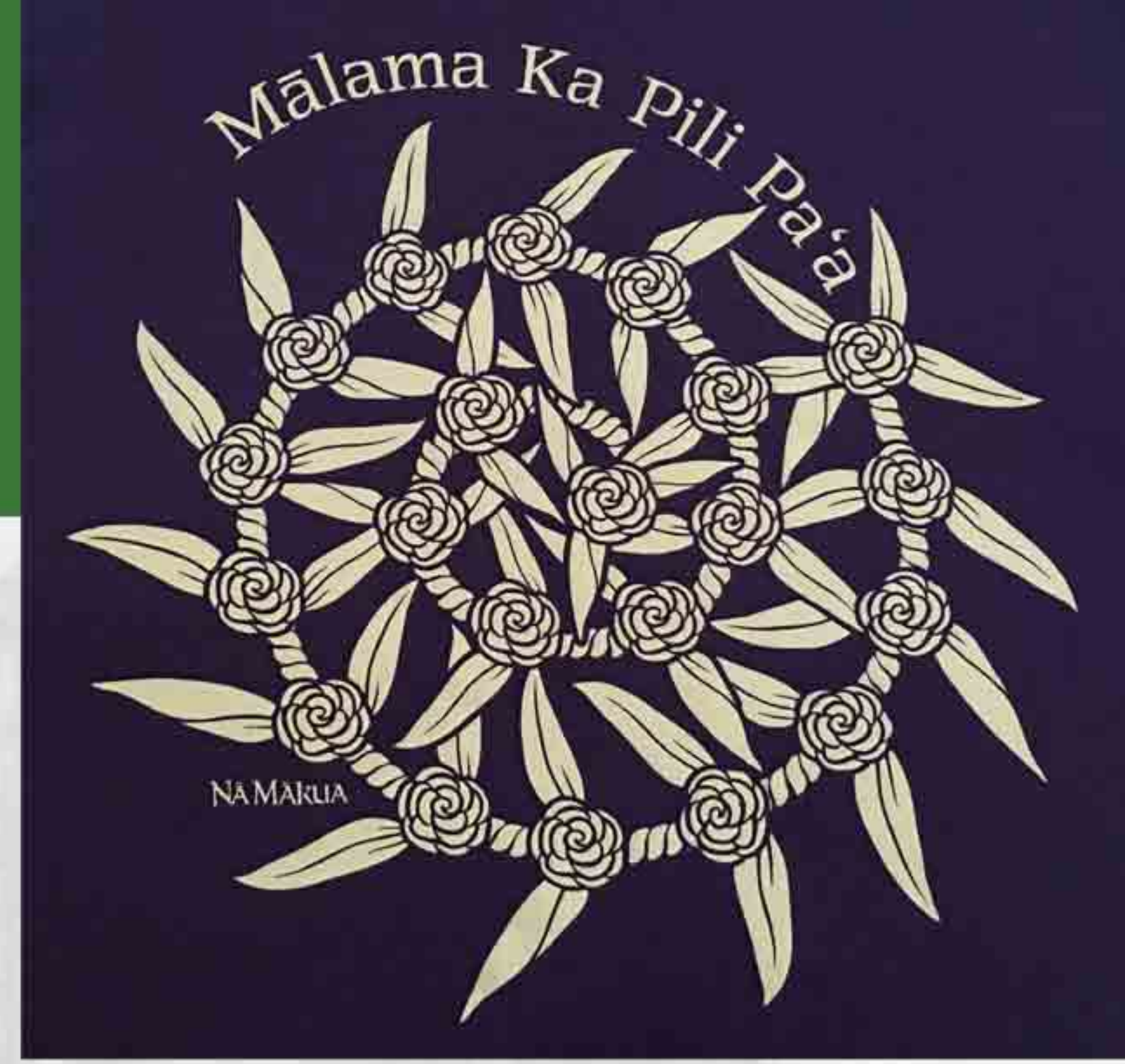
Derek Park, founder of Paddling for Hope, invited Hui Mālama Ola Nā 'Ōiwi for a day on the water. Paddling for Hope is a non-profit organization devoted to breast cancer education, prevention, and early detection for our Hawai'i Island community. On Saturday, October 21, breast cancer survivors and supporters joined Derek and his crew for a wa'a wellness experience, paddling for hope on the Mana 'Olana across Hilo Bay. It was a wonderful morning of sharing our cancer stories, spending time in nature, and getting a good workout. Mahalo to Derek and Paddling for Hope for providing breast cancer survivors with this powerful healing and uplifting experience. In addition to this healing and rejuvenating experience, Derek has also donated funds toward our breast cancer awareness and early detection efforts. We appreciate his continued support of our Hui Mālama 'ohana and our Hawai'i Island community!





# Hui Mālama Ola Nā 'Ōiwi

Community Health Education Services



**Fighting Cancer?  
You are not  
alone in this  
journey.**

**Come talk story with us!**

**A time to share ALOHA:  
to Learn, to Love, and to Heal.**

## CANCER SUPPORT GROUP

**When: 1st Tuesday, 1-2:30pm and 2nd & 4th Tuesdays, 5:30-7:30pm**

**Where: Hui Mālama Ola Nā 'Ōiwi, 1438 Kilauea Ave, Hilo**

### Mālama Ka Pili Pa'a

Sticking together (pa'a) we take care of each other (mālama) through connecting (ka pili) we build a close relationship and thus giving hope to others and self. The members of Malama Ka Pili Pa'a Cancer Support Group are comprised of cancer patients, cancer survivors, and caregivers. Our mission is to provide the support, care, and Aloha to people just like us who need a place to turn whether it is for spiritual, social, or emotional care to everyone involved.



**Join us today!**

**969-9220**

**HMONO.org**



# Immunization - Influenza Vaccination

It's flu season and getting sick with the flu is no fun. Influenza (also known as the flu) is a contagious respiratory illness caused by flu viruses. Some of the symptoms of influenza include:

- Fever/chills
- Sore throat
- Cough
- Muscle aches
- Headache
- Runny or stuffy nose.



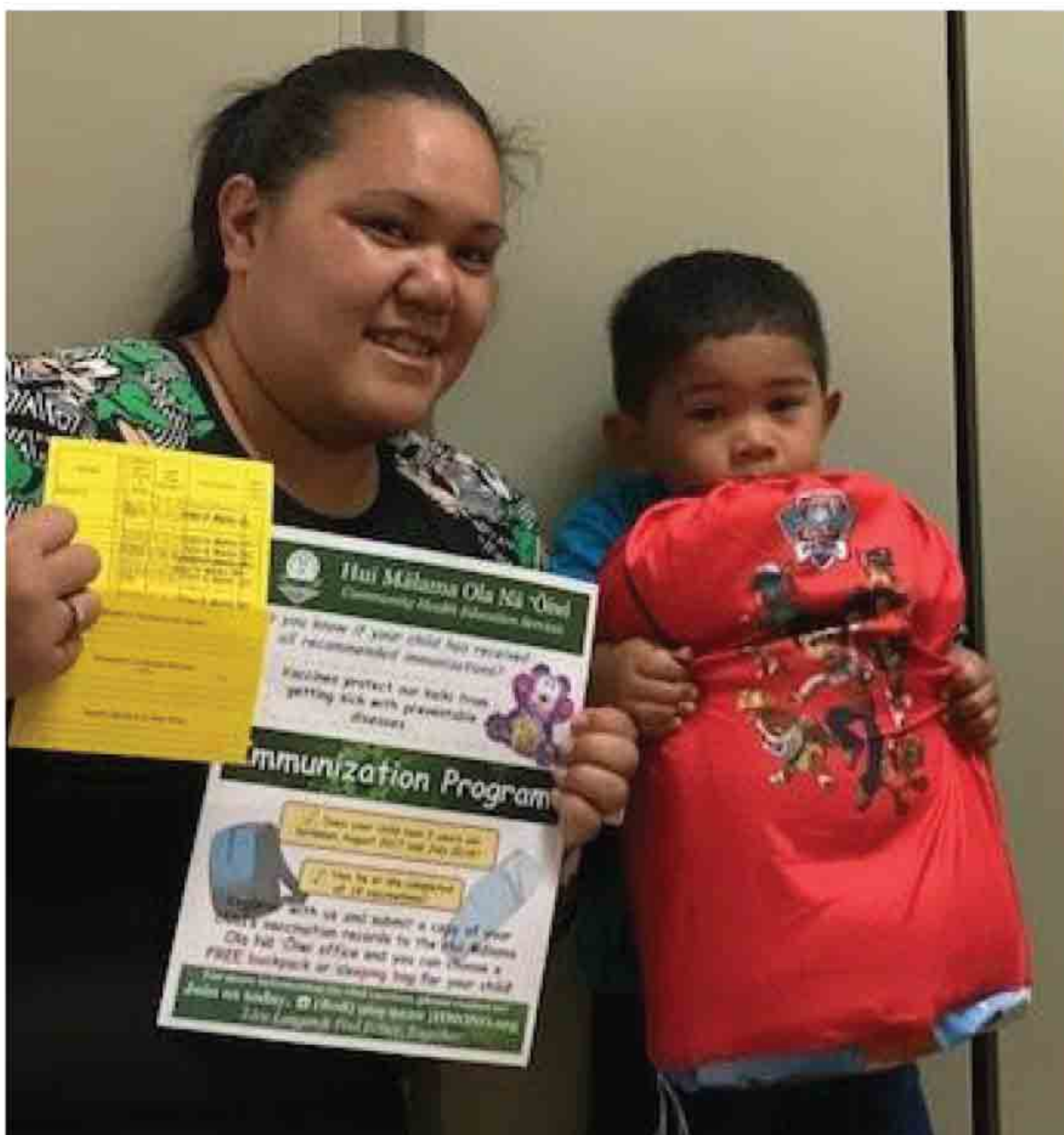
Make sure you get vaccinated with a flu shot today. Getting vaccinated with the flu shot may prevent you from getting the flu, decrease the severity of a flu if you contract it, and keep you from spreading the flu to your family and other people.

Several local pharmacies provide the flu shot with no appointment needed.

*Do you know if your child has received all recommended immunizations?  
Hui Mālama can help! Call (808) 969-9220 for more information on vital vaccines.*

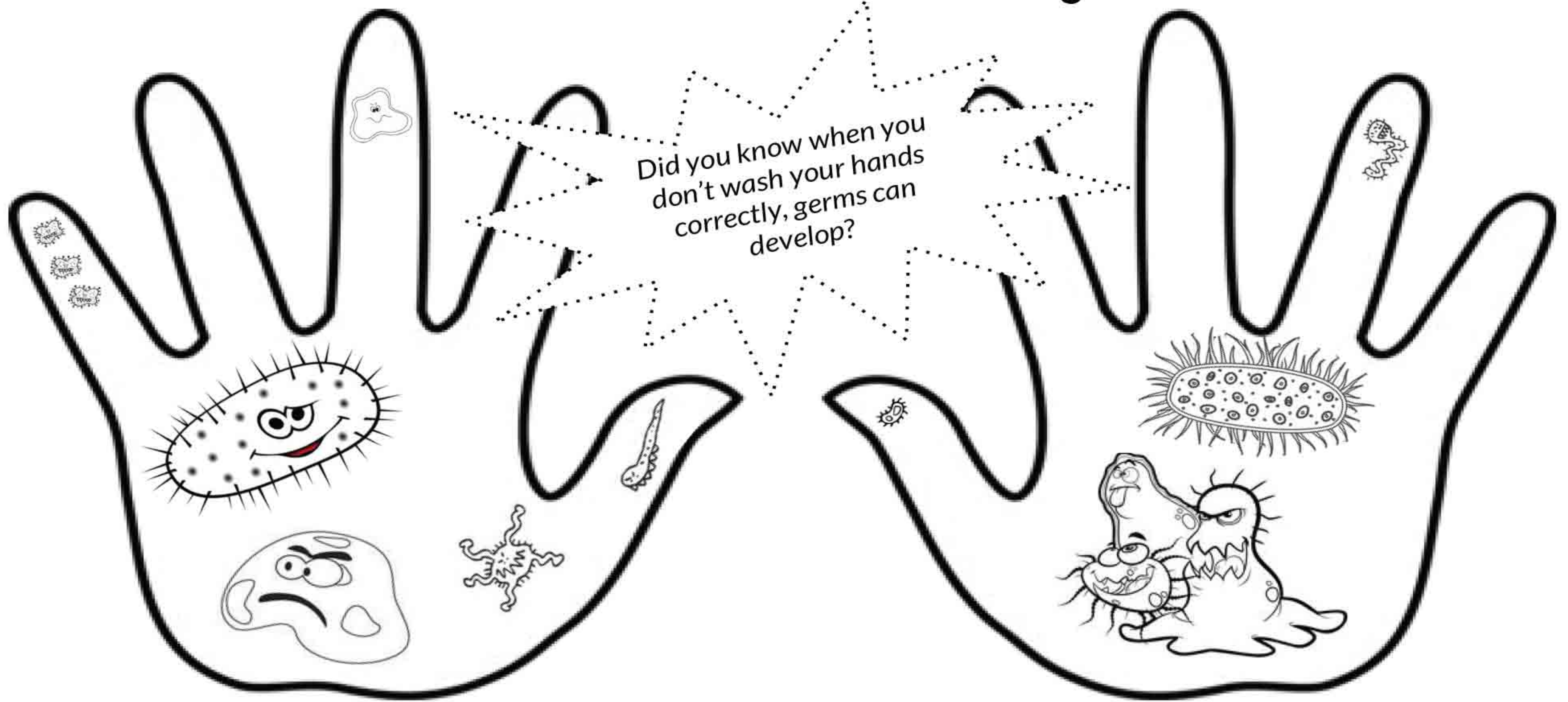
## Immunization Program

We gave away our first prize in October for our Immunization Program and we have plenty more for you! If your child turns 3 years old between August 2017 and July 2018, he or she can win a FREE sleeping bag or backpack. Just submit your child's immunization card to our office in Hilo! All 19 immunizations must be completed to receive a backpack or sleeping bag. The purpose of this program is to encourage our community to immunize our children in order to create a healthy environment for everyone to live in. For more information about the required immunizations, please feel free to call (808) 969-9220.



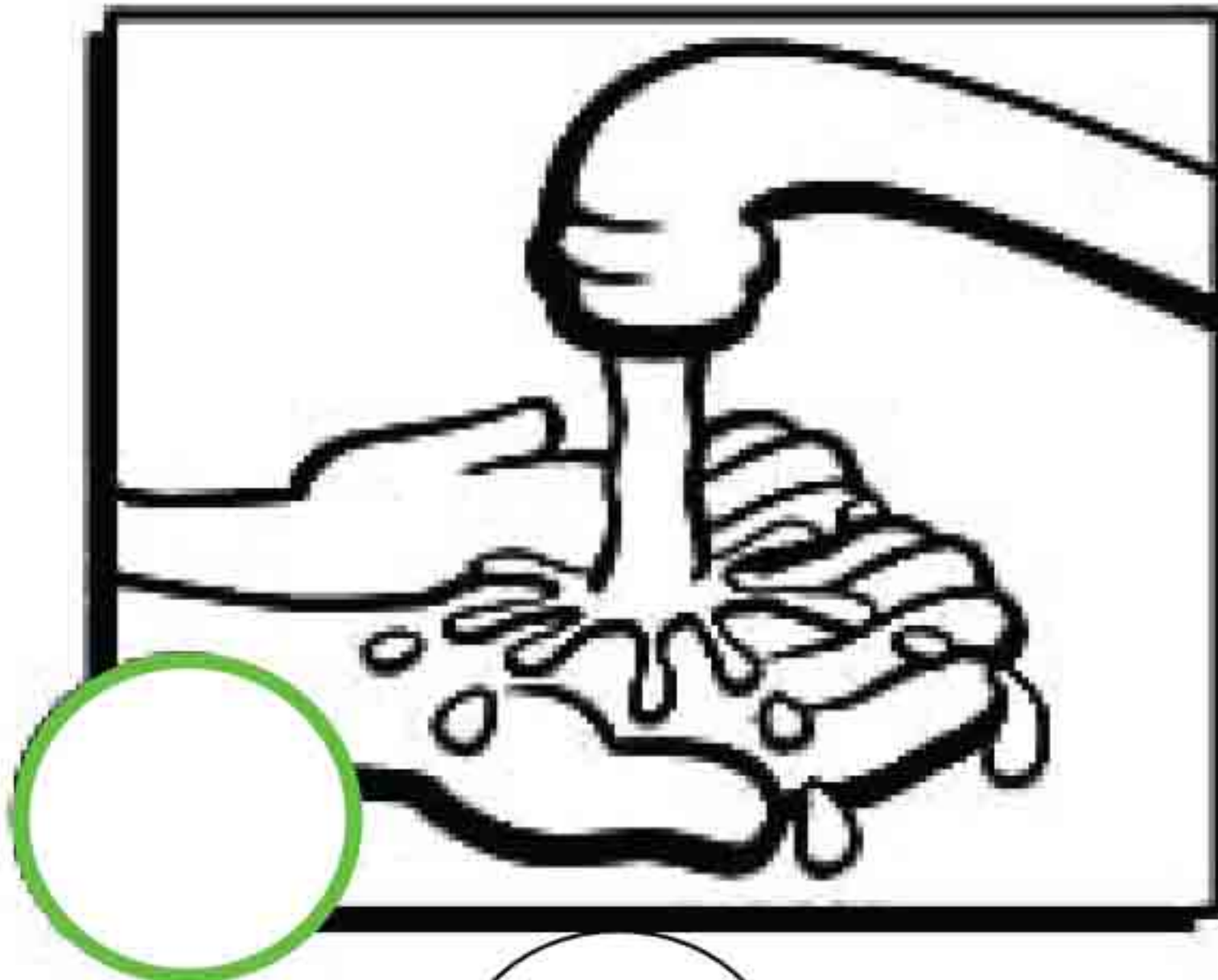
# KEIKI'S COLORING CORNER

December 4th - December 10th is handwashing awareness week!

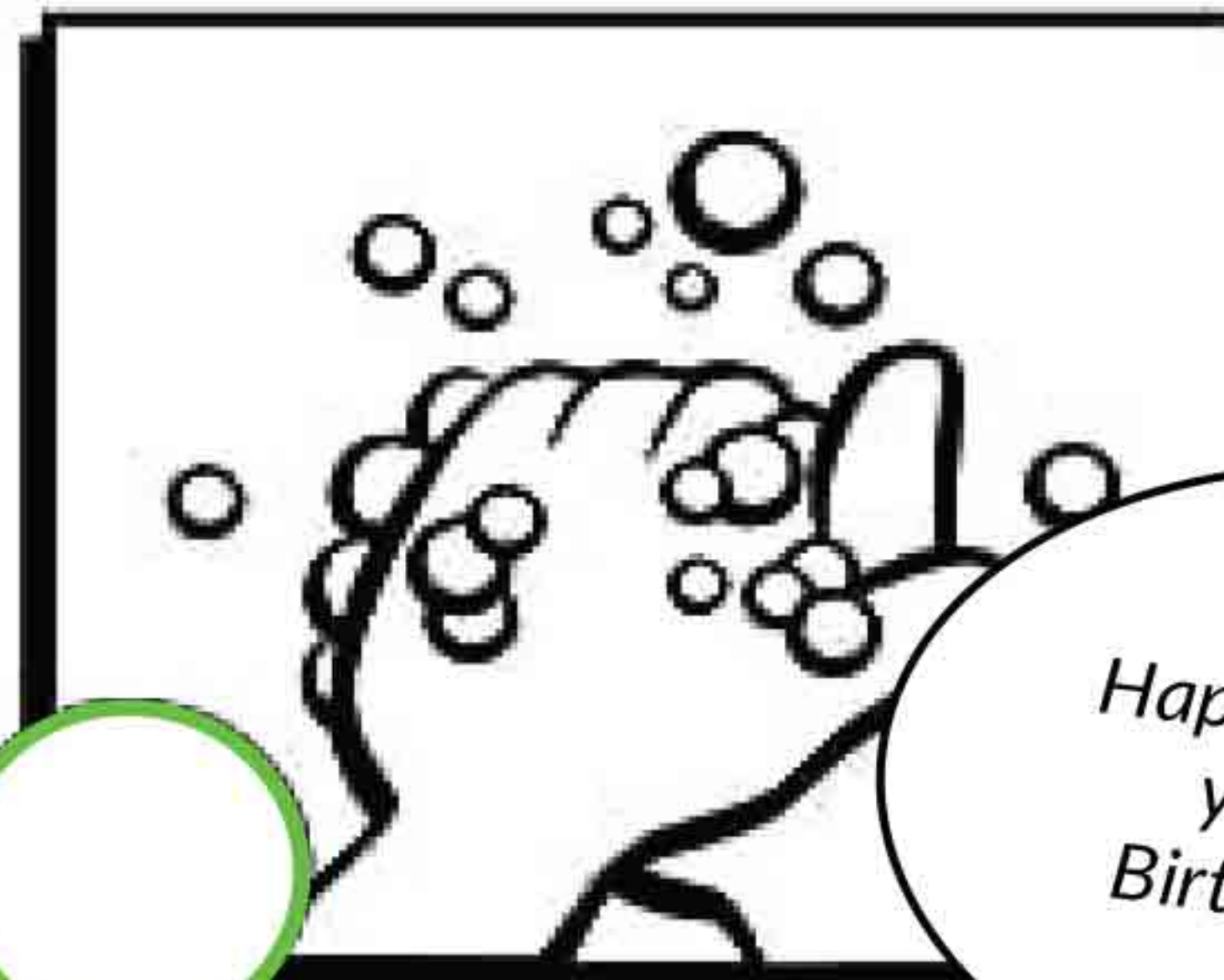


Let's fight off these **NASTY GERMS** by following the steps below:

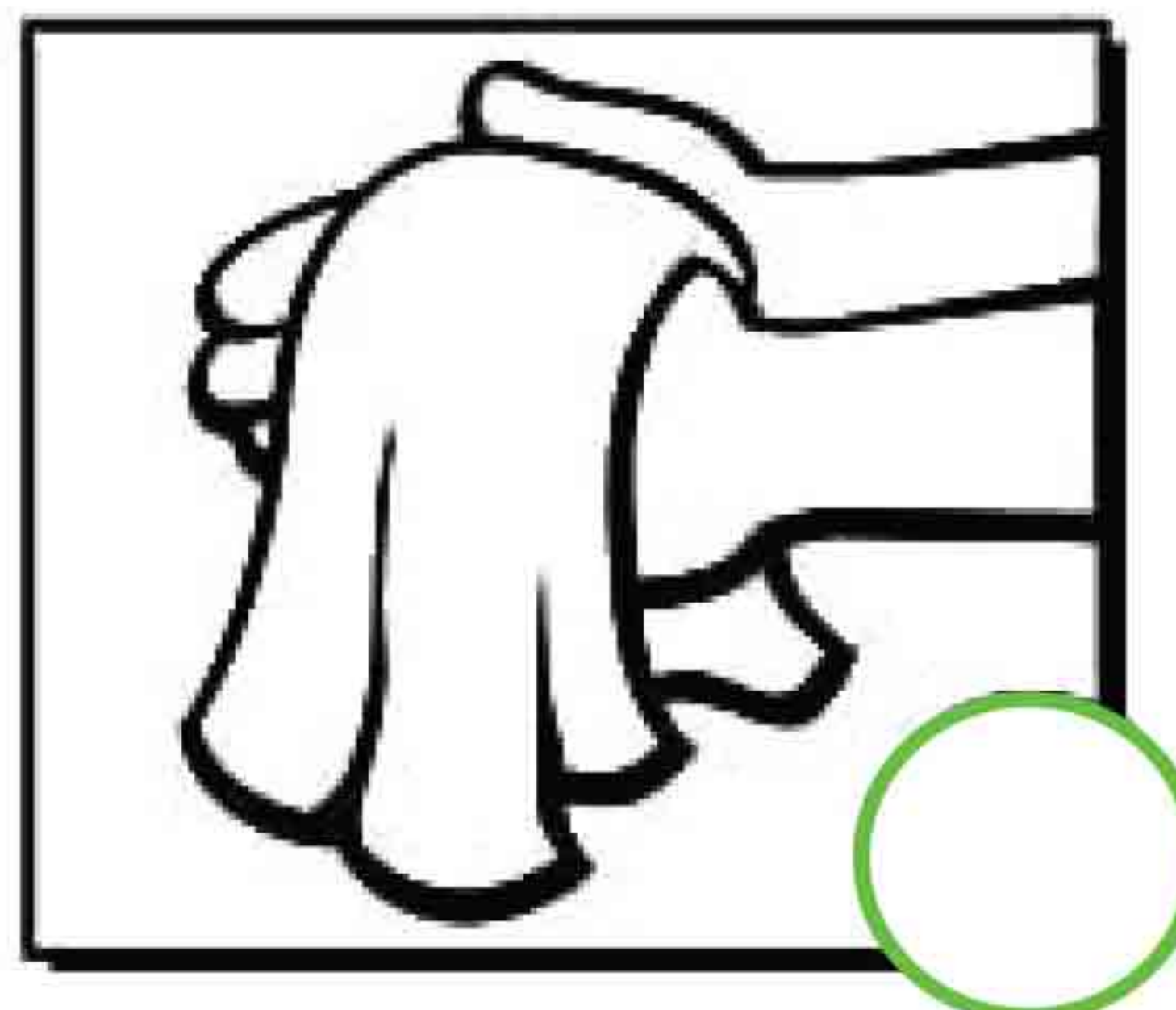
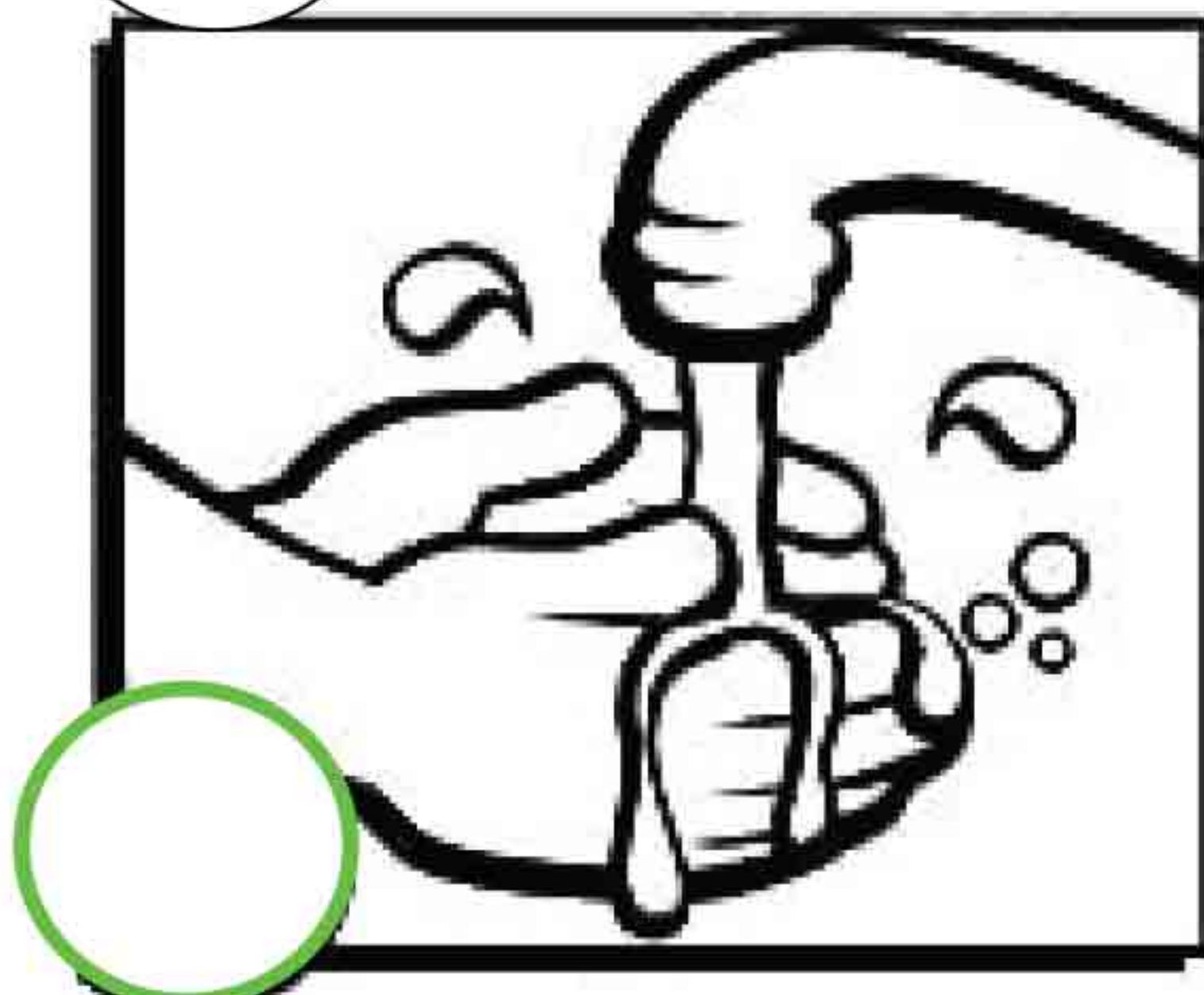
**#1** Wet your hands with warm water



**#2** Add soap and scrub while singing **HAPPY BIRTHDAY** for 20 seconds



**#3** After singing, rinse and dry your hands



Follow the steps and draw an **X** in the **green circles** when completed.



# Hui Mālama Ola Nā 'Ōiwi

Live Longer & Feel Better, Together

December 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p align="center"><b>BULLETIN</b></p> <p align="center"><b>EXERCISE &amp; FITNESS LOCATION</b> KEAUKAHA - Malia Puka O Kalani Church Gym 326 Desha Avenue Hilo, HI 96720</p> <p align="center"><b>*CLASS SIGN-UP</b> Diabetes, Healthy Hāpai (prenatal), Hele Mai 'Ai (nutrition), &amp; Grow Your Own La'au class participants must signup in advance. Please call today! 969-9220. Mahalo!</p>			<p align="right">30</p> <p>10:30AM BS&amp;SEC -Keaukaha, Hilo</p> <p>5PM Yoga-Keaukaha, Hilo</p>	1	2	<p align="center"><b>Grow Your Own La'au Class*</b></p> <p align="center">9AM-11AM -Hilo Learn how to grow your own healing plants in this hands-on class!</p>
<p align="right">4</p> <p>9AM Hele Mai 'Ai* -Neighborhood Place of Puna</p> <p>3PM Healthy Hāpai* -Neighborhood Place of Puna</p> <p>5:30PM Hele Mai 'Ai* -Discovery Harbour, Ka'u</p> <p align="right">5:30PM Zumba -Keaukaha, Hilo</p>	<p align="right">5</p> <p>10:30AM BS&amp;SEC -Keaukaha, Hilo</p> <p>1PM Cancer Support Group -Hilo</p> <p>5PM Yoga-Keaukaha, Hilo</p> <p align="right">5PM Hele Mai 'Ai* -Hilo</p>	<p align="right">6</p> <p>5PM Diabetes Class* -Neighborhood Place of Puna</p> <p align="center">5:30PM Zumba -Keaukaha, Hilo</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p align="center"><b>BS&amp;SEC</b> Basic Stretch &amp; Strengthening Exercise Class</p> </div>	<p align="right">7</p> <p>10:30AM BS&amp;SEC -Keaukaha, Hilo</p> <p>5PM Yoga-Keaukaha, Hilo</p>	8	9	<p align="center">10AM Zumba -Hilo Office</p>
<p align="right">11</p> <p>9AM Hele Mai 'Ai* -Neighborhood Place of Puna</p> <p>3PM Healthy Hāpai* -Neighborhood Place of Puna</p> <p>5:30PM Hele Mai 'Ai* -Discovery Harbour, Ka'u</p> <p align="right">5:30PM Zumba -Keaukaha, Hilo</p>	<p align="right">12</p> <p>10:30AM BS&amp;SEC -Keaukaha, Hilo</p> <p>5PM Yoga-Keaukaha, Hilo</p> <p>5PM Diabetes Class* -Neighborhood Place of Puna</p> <p align="right">5:30PM Cancer Support Group -Hilo</p>	<p align="right">13</p> <p>5PM Hele Mai 'Ai* -Hilo</p> <p align="right">5:30PM Zumba -Keaukaha, Hilo</p>	<p align="right">14</p> <p>10:30AM BS&amp;SEC -Keaukaha, Hilo</p> <p>1PM Diabetes Support Group -Hilo</p> <p>5PM Yoga-Keaukaha, Hilo</p>	15	16	
<p align="right">18</p> <p>9AM Hele Mai 'Ai* -Neighborhood Place of Puna</p> <p>3PM Healthy Hāpai* -Neighborhood Place of Puna</p> <p>5:30PM Hele Mai 'Ai* -Discovery Harbour, Ka'u</p> <p align="right">5:30PM Zumba -Keaukaha, Hilo</p>	<p align="right">19</p> <p>10:30AM BS&amp;SEC -Keaukaha, Hilo</p> <p>5PM Yoga-Keaukaha, Hilo</p>	<p align="right">20</p> <p>5PM Hele Mai 'Ai* -Hilo</p> <p align="right">5:30PM Zumba -Keaukaha, Hilo</p>	<p align="right">21</p> <p>10:30AM BS&amp;SEC -Keaukaha, Hilo</p> <p>5PM Yoga-Keaukaha, Hilo</p>	22	23	<p align="center"><b>Live Longer &amp; Feel Better, Together!</b></p> <p align="center"><b>JOIN US TODAY</b> 1438 Kilauea Ave, Hilo (808) 969-9220</p> <p align="center"><i>Events and classes subject to change. Visit <b>HMONO.org</b> for additional events &amp; most updated calendar.</i></p>
<p align="right">25</p> <p align="center"><b>OFFICE CLOSED</b> Christmas</p>  <p align="right">31</p>	26	27	<p align="right">28</p> <p>6:30PM Diabetes Support Group -Hilo</p>			<p>The Olakino is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number H1CCS00013, Native Hawaiian Health Care with grant amount of \$2,377,840.00. 20% of Hui Mālama Ola Nā 'Ōiwi services are financed with non-governmental sources. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.</p>

Want to sync events with your calendar?  
Visit [HMONO.ORG/EVENTS](http://HMONO.ORG/EVENTS)