

March
Malaki 2018



Malaki

Newsletter

LAPA'AU

*Perpetuating, preserving, and
protecting the ancient
Hawaiian healing practices*



LOOK INSIDE FOR:

- March - May class schedule
- Upcoming La'au Lapa'au workshops
- Upcoming Infant Massage class details

A message from our Board of Directors



Aloha kākou,

February was national American Heart Month. Truly, every month at Hui Mālama Ola Nā 'Ōiwi is heart health month as we work to improve overall health. For any of you with hypertension (high blood pressure), I encourage you to sign-up for our free hypertension class to learn basic heart disease information and how best to manage hypertension.

I'd also like to invite all of our community to join us on **Saturday, March 10 for the Hilo Heart & Stroke Walk**. Hui Mālama is participating in support of our community and heart disease efforts. I am thankful for our Hawai'i Island community, for the support you show us at Hui Mālama, and for the growing interest in improving health. Keep working on your health and together, we can live longer & feel better.

Mahalo Nui Loa, Mabel De Silva - Chair

To join our heart walk team, visit: <http://www2.heart.org/goto/HuiMalama>

A message from our Executive Director



Aloha mai kākou,

March is an exciting month at Hui Mālama Ola Nā 'Ōiwi. We are holding our first La'au Lapa'au Workshop of 2018 and launching a new holistic health class, Healthy at Any Size. I invite you to come join us!

While there are sometimes health issues you cannot avoid, there are many aspects of health you can control. Hui Mālama Ola Nā 'Ōiwi is here to help you make healthy choices. We are about prevention and management, helping our community live a healthy and good quality of life. We offer a variety of services to help with our Hawai'i Island health needs.

- Nutrition, hypertension, and diabetes classes
- Exercise & fitness program • Healthy Hāpai prenatal class
- Traditional Hawaiian health services - lā'au lapa'au • Grow Your Own Lā'au
- Community outreach • Disease prevention information
- Support groups • Referral services

One program I want to highlight is our Mākau Kino Exercise & Fitness program. We offer yoga, zumba, and a basic stretch & strengthening class. Whether it's in our classes, or on your own, I highly recommend regular physical activity. Exercise gets you moving. It helps circulate your blood. It keeps you active. If you have the ability to move, move. If your movement is limited, stretch and move however you can. Even deep breathing can help your health.

Physical activity is something many of us can do on our own. Hui Mālama can help with some of the things you may not know or do on your own. I encourage you to come talk story with us about our services. Ask us your health questions. Take any of our classes that would benefit you. The more you know about your health, the better health choices you can make for you and your family.

As always, I encourage you to be proactive in health. Visit your doctor, do the recommended health screenings, care for your physical health as well as your mental & spiritual wellness, live pono, and always 'imi 'ike (seek knowledge). I hope to see you soon.

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/register

What's Happening Around Hawai'i Island?

Join us this month for La'au Lapa'au Workshop, cancer support events, and our health education classes!

La'au Lapa'au Workshop - Hilo - March 10
See full schedule of 2018 La'au Lapa'au Workshops on page 7.

La'au Lapa'au Beginners Level Classes
Waimea - Saturdays, April 14, 21, & 28
Sign-up today! Read more on pages 5-6.

Diabetes Support Group
Tuesday March 6, 5:30-7:00pm, Hui Mālama Office
Tuesday March 20, 1:00-2:30pm, Hui Mālama Office

Cancer Support Group
Tuesday March 6,
1:00-2:30pm, Hui Mālama Office
Tuesdays March 13 & 27, 5:30-7:30pm, Hui Mālama Office
- March 27: Join us for a special presentation from Herbert Moniz on the healing power of noni!

Hawai'i Island Cancer Support Events
Saturday March 24, 9am-1pm, cancer support event at Keauhou Bay - paddling, hula, & talk story!
See full schedule of upcoming cancer support events on page 4.

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

	MARCH	APRIL	MAY
HILO			
DIABETES			Wed 5/2 - 5/16
HYPERTENSION		Wed 3/28 - 4/11	
HELE MAI'AI (nutrition)	Wed 3/14 - 3/28		
EFNEP (nutrition)		Mon 4/2 - 5/21	
KA'Ū			
DIABETES			Mon 5/7 - 5/21
HYPERTENSION	Mon 3/5 - 3/19		
HELE MAI'AI (nutrition)		Mon 4/9 - 4/23	
EFNEP (nutrition)	Wed 3/7 - 4/11		
LA'AU LAPA'AU			
PUNA			
DIABETES	Wed 3/7 - 3/21		Wed 5/23 - 6/6
HYPERTENSION		Wed 4/18 - 5/2	
HELE MAI'AI (nutrition)	Mon 3/5 - 3/19		
WAIMEA			
DIABETES	Tues 3/13 - 3/27		Tue 5/22 - 6/5
HYPERTENSION		Tues 4/17 - 5/1	
HELE MAI'AI (nutrition)			Mon 5/7 - 5/21
LA'AU LAPA'AU		Sat 4/14 - 4/28	
Schedule subject to change. Please call us or sign-up online today! hmono.org/classes			

Visit our website for information on more services! HMONO.org

That's a 90-Day Challenge wrap!

Mahalo to the community for joining us in the 90-Day Challenge. If you missed it, each week for the last 3 months, we strived to make healthy changes in our eating, exercise, and overall health habits. Studies suggest that it can take up to 90 days to form a new habit. Small changes over time can make a large change in your health. We encourage everyone to continue making healthy choices and challenge yourself to make changes, no matter how small... a step forward is a good step!

See below for a recap of the challenges that helped us live healthier throughout the holidays and the new year.

Week 1: Drink half of your weight in ounces of water everyday this week.

Week 2: Go for a 20-minute walk each day.

Week 3: Eat at least two servings of fruit and vegetables a day.

Week 4: Eat a healthy breakfast each morning this week.

Week 5: Cut back on eating fast food this week.

Week 6: Spend 20 minutes enjoying your favorite hobby every day.

Week 7: Get at least 7 hours of sleep every night AND eat 3 servings of fresh fruits or veggies everyday.

Week 8: Set aside time to meditate or relax for 10 minutes every day this week AND NO eating fast-food.

Week 9: Spend 30 minutes of quality time with friends or family every day this week.

Week 10: Replace your soda or coffee with water throughout the week AND go for a 30 minute walk each day.

Week 11: Schedule your annual physical exam AND prepare your meals for the week in advance.

Week 12: Reduce the amount of saturated and trans fats in your diet. Read nutrition labels when shopping this week.

Week 13: No eating fast-food! Instead, add one more serving of vegetables per day.



Healthy at Any Size

Struggling with weight management? Have you gained or lost unwanted weight while dieting? Are you dissatisfied with your body image or food choices? March 1 marks the start of our new Healthy at Any Size class taught by Registered Dietitian, Sarah Josef. Classes will be held at Hui Mālama Ola Nā 'Ōiwi office on Thursdays, March 1, 15, 22, 29, & April 5, 12 from 5:30PM-7:30PM.

Space is limited. We have started a waitlist, but please call or sign-up online if interested. We hope to hold a second class soon!

(808) 969-9220 hmono.org/classes



Sarah Josef, registered dietitian

Hui Mālama Ola Nā 'Ōiwi invites you to the Hawai'i Island Cancer Support Events!

Saturday, March 17, 9am-1pm
Keauhou Bay, Kailua-Kona
Join us for paddling, hula, and talk story



Hosted with:



Thursday, March 22, 2pm-3:30pm
North Hawai'i Community Hospital
Mauna Kea Room
Come talk story with us



Tuesday, March 27, 5:30pm-7:30pm
Hui Mālama Office, Hilo
Special presentation by Herbert Moniz:
Learn about the healing powers of noni



Wednesday, April 18, 5pm-7pm
Neighborhood Place of Puna
An evening of painting & talking story

Sunday, June 17, 9am-11am
Hale Halawai Park, Kailua-Kona
Gentle yoga on the beach & talk story

Hosted with:



You are not alone in this journey!
Come meet other cancer patients, survivors, and caregivers.
Questions? To learn more, contact Hui Mālama today!

☎ (808) 969-9220 • HMONO.org

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Lapa'au

Perpetuating, preserving, and protecting the ancient Hawaiian healing practices

What is Lapa'au?

Lapa'au means to treat, heal, cure.

Lapa'au has a deeper meaning tracing back to ancient Hawaiian healing practices that focused on the spiritual practice of healing. The connection between spiritual and physical health was essential to treat and heal.

The understanding and use of ancient Hawaiian healing practices are not as commonly used today, but there are many who continue perpetuating, preserving, and sharing the knowledge.

Hui Mālama Ola Nā 'Ōiwi strives to share the knowledge of Native Hawaiian cultural values, beliefs, history, and the practice of traditional kanaka maoli lapa'au (Hawaiian medicine). The Hui Mālama Traditional Health Program coordinates workshops, classes, and presentations across Hawai'i Island. La'au Lapa'au classes, workshops, and one-on-one consultations are conducted by Po'okela Ikaika Dombrignes, a Native Hawaiian Kahuna Lapa'au. The Grow Your Own La'au classes are led by Matt Kaho'ohanohano who specializes in agroecology, propagating, and growing of la'au.

2018 La'au Lapa'au Workshops

The "Ola Pono Ola Loa" (live right, long life) la'au lapa'au workshops provide the opportunity to learn about the ancient Hawaiian healing practices of La'au Lapa'au, Ho'oponopono, Lomilomi Ha Ha, and La'au Kahea. The workshops are led by Po'okela Ikaika Dombrignes who emphasizes the importance of helping people learn to mālama their bodies, "People are getting sick. We need to share this knowledge and help people understand traditional healing practices so they have the choice to use it for the care of themselves and their 'ohana."

With high rates of diabetes, cancer, and other ailments in Hawai'i, Hui Mālama aims to help people understand how they can care for their health. The workshops provide a connection to ancient Hawaiian healing practices, sharing rich cultural knowledge and encouraging the preservation of traditional Hawaiian health remedies. Participants will learn about la'au lapa'au, the ancient Hawaiian practice of using herbs and plants to heal the body. There are over 3,500 different types of la'au that can be used to treat a multitude of health conditions, including: hypertension, diabetes, cancer, arthritis, and stress. Po'okela Ikaika has spent his life practicing la'au lapa'au and learning from his kahuna and ancestors who

taught him to perpetuate and preserve the spiritual connection in the healing power of la'au lapa'au. He 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, and minerals from the ocean. Through the power of pule (prayer), we apply it to our bodies. It's a very spiritual connection that falls upon the person who needs help." To fulfill his responsibility to his ancestors to carry on the legacy of the order of Lono, Po'okela Ikaika works to preserve this knowledge and share the healing wisdom with the community, "A lot of our people live with a broken spirit. One of our goals is to rebuild the mind, body, and spirit of our people and to empower them into knowing who they are as Native Hawaiians."



The free workshops are open to the public and will be offered March through June 2018 in Hilo, Waimea, Kona, Ka'ū, and Puna.

Hilo - Saturday, March 10, 2018, Aunty Sally's Luau Hale • 9am - 3pm

Waimea - Saturday, April 7, 2018, Hawaiian Home Lands Kuhio Hale • 10am - 3pm

Kona - Saturday, May 5, 2018, Old Kona Airport Special Events Pavilion • 9am - 3pm

Ka'ū - Saturday June 2, 2018, Ka'ū District Gym • 10am - 3pm

Puna - Saturday, June 23, 2018, Pahoa Community Center • 9am - 3pm

See page 7 for La'au Lapa'au Workshop schedule.

Po'okela
Ikaika Dombrignes



Grow Your Own La'au

The Grow Your Own La'au (GYOL) program was launched in June 2017 in an effort to teach community members how to grow la'au at home. Participants are provided a Plant Resource Guide that covers propagation, cultivation, pest and disease, harvesting, agroforestry, and health properties of five local plants:

- 'Ōlena
- Ka'ukama 'awa'awa
- Ko'oko'olau
- Lūkini
- and Māmaki

Classes are led by Matthew Kaho'ohanohano, a Maui-born native who moved to Hawai'i Island to attend college. Matthew's interest in gardening came from necessity as well as an interest in living sustainably. He grew up in Wailuku, Maui, specifically Nā Wai 'Ehā, with a special understanding of the resources of the land. Influenced by the growing of māla near his home, he knew that the land could sustain you as long as you took care of it. During the recession, Matthew remembered asking his parents what was the most expensive vegetable they ate at home. Matthew's family used zucchini in a lot of their meals so he used that as inspiration to grow zucchinis, his first plant. He was so successful at growing the zucchinis that he continued to grow his own food. Today, he grows kalo, zucchini, lūkini, and more.

Matthew's passion for self-sustainability lead him to the UH Hilo Pacific Internship Programs for Exploring Sciences (PIPES) program. He was selected to work with Hui Mālama Ola Nā 'Ōiwi and worked to design the Plant Resource Guide to give the community the tools and the knowledge they need to grow their own plants. From there, the guide was used in developing the Grow Your Own La'au program where Matt serves as instructor, and continues to share his knowledge and his passion for growing plants. Interested in joining us for Grow Your Own La'au? Call (808) 969-9220 or sign-up online at hmono.org/classes.

Matthew Kaho'ohanohano



March 27 Cancer Support Event : The Healing Power of Noni



On March 27 at 5:30pm, Herbert Moniz will be joining at the Hui Mālama Mālama Ka Pili Pa'a cancer support group meeting to share about the healing powers of noni. Noni is a small evergreen tree native to the South Pacific. The plant has long been used both externally and internally for a variety of health purposes. It is most commonly used now for its ripe fruit, which can be used for its antioxidant, immune-stimulating, and tumor-fighting properties. Herbert is co-founder of Hawaii NoniPower Cooperative. Learn more about Herbert and noni at <http://hawaiinonipower.coop/>





**Hui Mālama
Ola Nā 'Ōiwi**

**2018
FREE
ISLAND-WIDE**

HAWAIIAN TRADITIONAL LA'AU LAPA'AU WORKSHOPS

Presented by Po'okela Ikaika Dombrigues

“Ola Pono Ola Loa”

**LA'AU LAPA'AU • HO'OPONOPONO
LA'AU KAHEA • LOMILOMI HA HA**

HILO - Saturday, March 10, 2018
Aunty Sally's Luau Hale • 9am - 3pm

WAIMEA - Saturday, April 7, 2018
Hawaiian Home Lands Kuhio Hale • 10am - 3pm

KONA - Saturday, May 5, 2018
Old Kona Airport Special Events Pavilion • 9am - 3pm



KA'Ū - Saturday June 2, 2018
Ka'ū District Gym • 10am - 3pm

PUNA - Saturday, June 23, 2018
Pahoa Community Center • 9am - 3pm

Light refreshments provided. Please bring your lunch.

To sign-up or learn more, contact us today!

(808) 969-9220 • HMONO.org



/HMONO.org



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Healthy Hāpai Infant Massage Class

March 12, 2018

3:00pm - 5:00pm

Hui Mālama Waimea: 64-1035

Mamalahoa Hwy, Waimea



The Healthy Hāpai program is offering a session on infant massage March 12 in Waimea!

Infant massage empowers and promotes bonding and attachment through the art of massage. Massage not only helps bring health awareness and knowledge of your baby's body functions, but it is a key source of physical, mental and spiritual well-being.

Ka'ānohiokalā Pe'a will lead the class. Pe'a is a native Hawaiian, born and raised on Hawai'i Island. He became a Licensed Massage Therapist (LMT) in 2006 and completed his specialization in pediatric massage in 2012. He is a third generation LMT and founded NIU Hawai'i LLC, providing specialized pediatric and adult massage therapy. Their mission is to empower the family unit through

the art of massage, provide massage and workshops to the community, integrate rich cultural wisdom through massage, and bring health awareness and knowledge of the body functions. While Pe'a helps both children and adults, his passion is in providing service to children with special health care needs. Join us March 12 to learn how infant massage can help you and your baby.

The infant massage class is open to expectant parents and parents of infant & toddlers (newborn to 1 year old).

Seats are limited. Participants must sign-up. Please call (808) 969-9220 today! Mahalo.

Aunty's Health Message

Aloha mai kākou,

I am Aunty Edna and today I want to speak with you about choices.

While some health aspects are beyond our control, there are many choices we can make to enhance our health and quality of life.

What does it mean to choose to live a healthy lifestyle?

It means choosing healthier food options like brown rice over white, green salad over mac, or grilled over fried meats.

It means making physical activity choices like walking 20 minutes a day or taking time to stretch and care for your body. And making mental health choices like avoiding drama you don't need, meditating and praying, and filling your life with positivity.

All these choices we make everyday can add up to make significant change. Making good choices is a key factor to having a healthy mind, body and soul and most definitely a healthier life.

Want to learn more about healthy choices? Come see us at Hui Mālama Ola Nā 'Ōiwi, working over 26 years to help our Hawai'i Island be a healthy and happy place. Call us at 969-9220.

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



Edna Baldado, RN

Out in the Community with Aunty

Have you spotted Aunty Edna around the island? Aunty has been keeping busy spreading diabetes awareness, education, and management knowledge. In the past month, she's visited several places across North Hawai'i, Volcano, and Hilo. This month, look for her in Kona, Pahoa, and Hilo.

Interested in having Aunty come speak with your school, organization, or community? Call us at (808) 969-9220 and ask for Rosi!



About 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.

The Hib Vaccine

The Hib disease, or the Haemophilus Influenzae Type b disease, usually affects children five years old and younger. This disease is caused by bacteria or germs that spread from person to person through being around an Hib carrier who sneezes or coughs. Symptoms of the Hib disease can include the following:

- pneumonia
- severe swelling in the throat, making it difficult to breathe; sore throat
- fever
- ear infections
- infections of the blood, joints, bones, and covering of the heart

The good news is that the Hib disease is preventable! The Hib vaccines you can choose from include: Pentacel, ActHIB, Hiberix, and PedvaxHIB. Depending on which brand of vaccine you select, children will either receive three or four doses. Doses of the vaccine are recommended at the following ages:

- First dose: 2 months old
- Second dose: 4 months old
- Third dose: 6 months old
- Final/Booster dose: 12-15 months old

For more information on child immunizations, call us at (808) 969-9220.



Tuberculosis

March 24 is World Tuberculosis Day. There are two types of tuberculosis (TB): latent TB and TB disease. People infected with latent TB have inactive TB germs in their bodies and do not show symptoms of TB disease. It is important to note that they cannot spread the germs to others, but can later become sick with TB disease if their immune system becomes compromised.

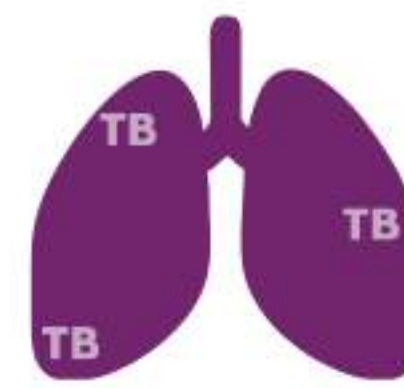
Those with the TB disease are sick due to active TB germs that multiply and destroy tissue in the body. Symptoms of TB disease include feelings of weakness, weight loss, fever, and night sweats. Those with the disease are contagious and can spread TB germs in the air through coughing, sneezing, and speaking. The airborne germs can stay in the air for many hours which can cause others to become infected with TB germs. Once TB germs are contracted, a person is considered to have latent TB. Some people may live with latent TB and never have it progress. But for others, TB bacteria may multiply and attack the immune system, causing the latent TB to progress to TB disease.

If you suspect you are sick with TB, you should see your doctor who can test for TB with a skin test or blood test. Prevent the spread of Tuberculosis by getting tested if you suspect you are infected.

TAKE ON

LATENT TB INFECTION

Up to 13 million people in the U.S. have latent tuberculosis (TB) infection.



Latent TB Infection

Latent TB infection means TB germs are in the body, but not enough to cause sickness or spread germs to others.



TB Disease

If TB germs become active & multiply, latent TB infection can turn into TB disease.



1 in 10

Without treatment, 1 in 10 people with latent TB infection will develop TB disease.

PEOPLE WHO SHOULD BE TESTED FOR TB INFECTION INCLUDE:



Contacts of people with TB disease.



People from countries where TB disease is common.

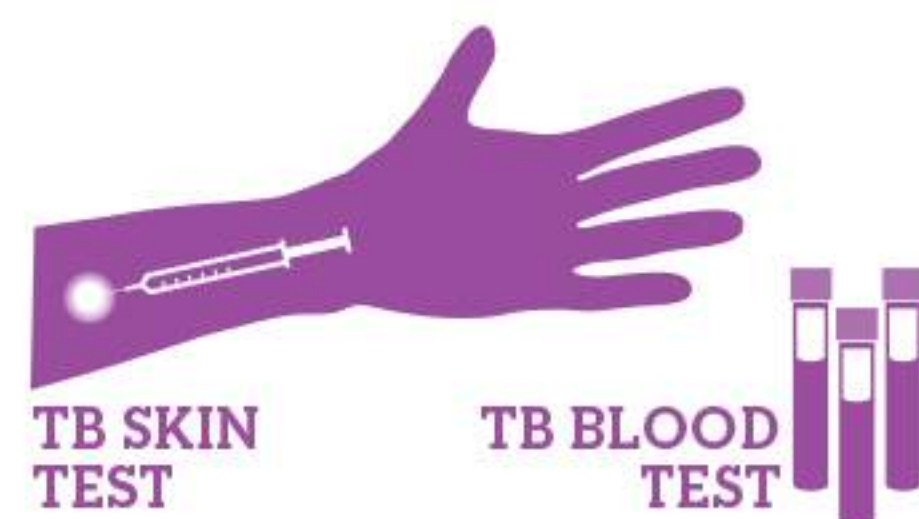


People with health problems that make it hard to fight TB disease.



People who spend time in places where TB is more common.

TREATING LATENT TB INFECTION PREVENTS TB DISEASE.



A skin test or blood test can find TB infection.



**1 dose
1 time per week
12 weeks**

Shorter regimens help patients finish treatment.



ELIMINATING TB REQUIRES EXPANDING TESTING & TREATMENT OF LATENT TB INFECTION. CDC WORKS TO:



Engage Affected Communities & Medical Providers.



Promote Effective Testing & Treatment Options.



Develop New Guidance & Tools.

To learn more about latent TB infection: www.cdc.gov/tb
JANUARY 2018



Centers for Disease Control and Prevention
National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention

KEIKI COLORING CORNER

Did you know, March is **National Nutrition Month**?

Find out how to create a healthy meal by completing the activities below:

Healthy Food Item Word Search

S	V	G	A	P	E	S	B	Z	K
W	T	B	O	M	D	B	A	F	V
N	Z	R	R	Y	L	T	N	P	E
U	Y	O	A	C	W	L	A	H	S
T	N	C	N	W	A	K	N	R	G
S	S	C	G	Y	B	R	A	R	D
E	K	O	E	F	J	E	R	L	U
G	J	L	I	F	I	F	R	O	E
G	Z	I	G	A	P	H	I	R	T
S	H	F	I	B	E	R	B	N	Y



STRAWBERRY

ORGANE



Word List

KALE

BANANA

FIBER

EGGS



NUTS

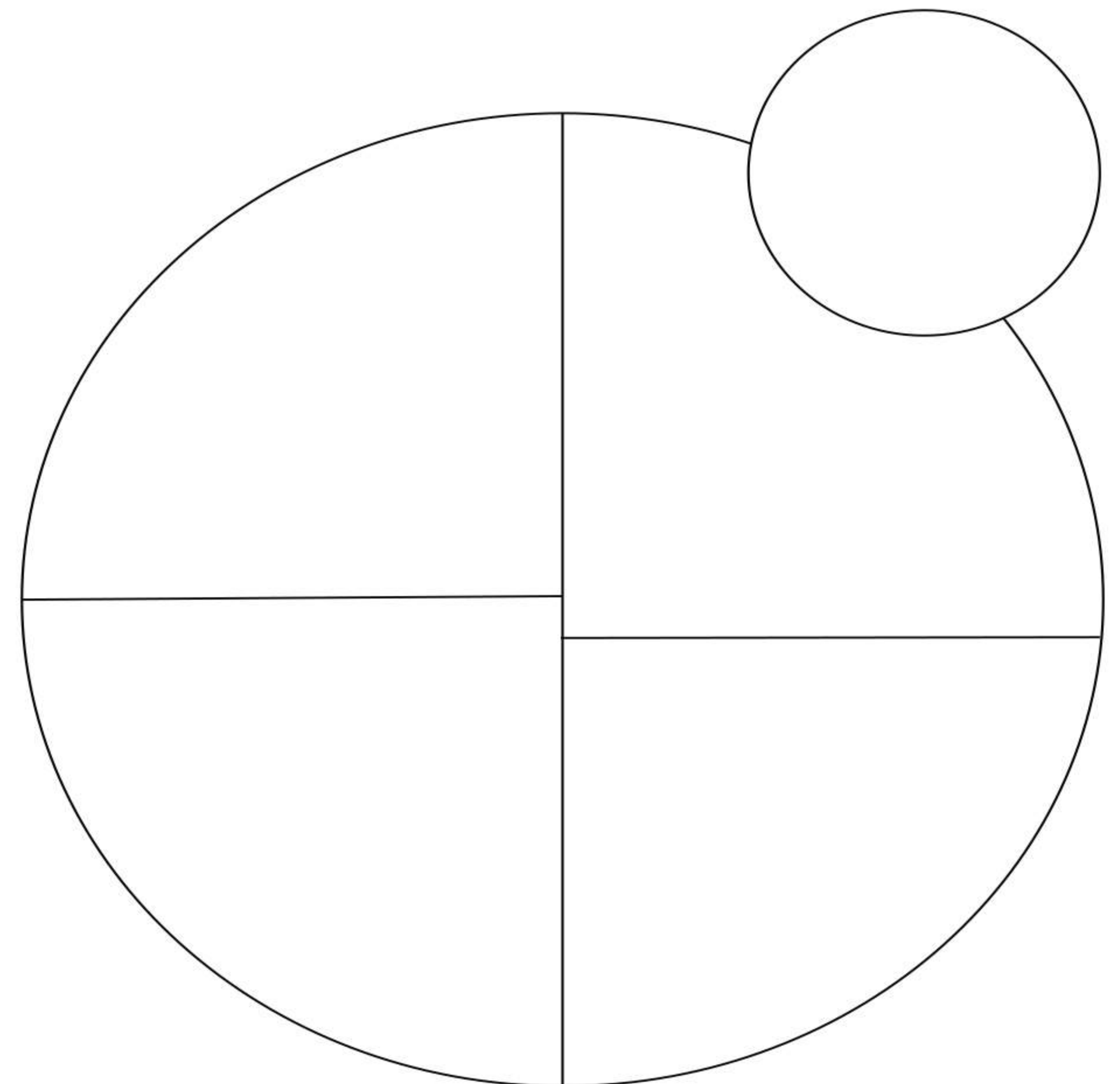
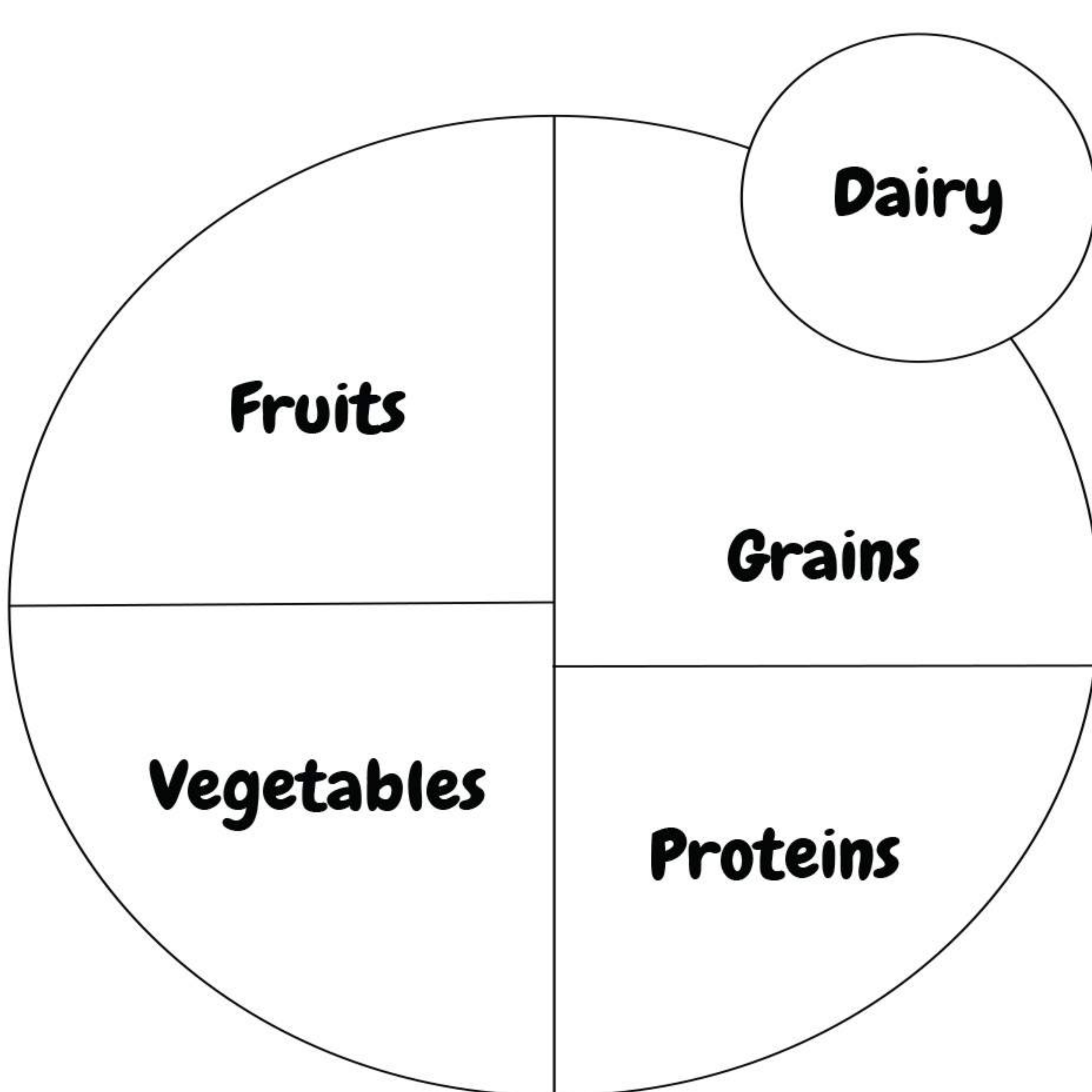
GAPES

BROCCOLI

CARROT



Create your own Healthy Meal



Draw your favorite fruit, vegetable, grain, protein, and dairy products to create a healthy meal you love!



Hui Mālama Ola Nā 'Ōiwi

March 2018

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

***Class Sign-up:** Classes are 3-weeks long (one session a week).
 Seats are limited. Please contact us to sign-up. Mahalo!
 (808) 969-9220 - HMONO.org/classes

Exercise & Fitness Location: Keaukaha - Malia Puka O Kalani Church
 Gym-326 Desha Avenue Hilo, HI 96720

1
 10:30AM BS&SEC
 -Keaukaha
 5PM Yoga-Keaukaha
 *5:30PM Healthy at
 Any Size-Hilo

2
 **BS&SEC**
 Basic Stretch &
 Strengthening Exercise Class

3

5
 *9AM Hypertension
 Class-Ka'ū
 *9AM Hele Mai 'Ai
 -Puna
 5:30PM Zumba
 -Keaukaha

6
 10:30AM BS&SEC -Keaukaha
 1PM Cancer Support
 Group-Hilo
 *4:45PM Hele Mai 'Ai
 -Dept. Of Health Hilo
 5PM Yoga-Keaukaha
 5:30PM Diabetes Support
 Group-Hilo

7
 *10AM Diabetes
 Class
 -Puna
 5:30PM Zumba
 -Keaukaha

8
 10:30AM BS&SEC
 -Keaukaha
 5PM Yoga
 -Keaukaha, Hilo

9
 10AM Zumba
 -Hilo Office

10
**8AM Hilo Heart &
 Stroke Walk**
 -Hilo
 Sign-up at
[http://www2.heart.org/
 goto/HuiMalama](http://www2.heart.org/goto/HuiMalama)
**9AM La'au Lapa'au
 Workshop**
 -Aunty Sally's, Hilo

12
 *9AM Hypertension
 Class-Ka'ū
 *9AM Hele Mai 'Ai
 -Puna
 *3PM Infant Massage
 Class-Waimea
 5:30PM Zumba
 -Keaukaha

13
 10:30AM BS&SEC -Keaukaha
 *4:30PM Diabetes Class-Waimea
 *4:45PM Hele Mai 'Ai
 -Dept. Of Health Hilo
 5PM Yoga-Keaukaha
 5:30PM Cancer Support
 Group-Hilo

14
 *10AM Diabetes
 Class
 -Puna
 5:30PM Zumba
 -Keaukaha
 *5PM Hele Mai 'Ai
 -Hilo

15
 10:30AM BS&SEC
 -Keaukaha
 5PM Yoga
 -Keaukaha
 *5:30PM Healthy at
 Any Size-Hilo

16

17
**9AM - 1PM Cancer
 Support Event**
 -Keauhou Bay,
 Kailua-Kona
**Are you a cancer
 survivor or
 caregiver? Join us
 for talk story, hula,
 and paddling!**

19
 *9AM Hypertension
 Class-Ka'ū
 *9AM Hele Mai 'Ai
 -Puna
 5:30PM Zumba
 -Keaukaha

20
 10:30AM BS&SEC -Keaukaha
 1PM Diabetes Support
 Group-Hilo
 *4:30PM Diabetes Class-Waimea
 *4:45PM Hele Mai 'Ai
 -Dept. Of Health Hilo
 5PM Yoga-Keaukaha

21
 *10AM Diabetes
 Class-Puna
 5:30PM Zumba
 -Keaukaha
 *5PM Hele Mai 'Ai
 -Hilo

22
 10:30AM BS&SEC
 -Keaukaha
**2PM Cancer
 Support Talk
 Story**
 -North Hawai'i
 Community Hospital
 5PM Yoga
 -Keaukaha
 *5:30PM Healthy at
 Any Size-Hilo

23
 10AM Zumba
 -Hilo Office

24
 10AM Cultural Fair
 -Maku'u Market, Pahoa

**Live Longer & Feel Better,
 Together!**

JOIN US TODAY
 Visit our office or call to learn more.
 1438 Kilauea Ave, Hilo
 (808) 969-9220

Events and classes subject to
 change.

Visit **HMONO.org** for
 additional events & most updated
 calendar.

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26
PRINCE KUHIO DAY
 Office Closed
 9AM Prince Kūhio
 Day Celebration
 -Kula Pae
 10AM First Annual
 Prince Kūhio Hula
 Festival
 -Panaewa Park Gym

27
 10:30AM BS&SEC -Keaukaha
 *4:30PM Diabetes Class-Waimea
 *4:45PM Hele Mai 'Ai
 -Dept. Of Health Hilo
 5PM Yoga-Keaukaha
 5:30PM Cancer Support
 Group-Hilo

28
 5:30PM Zumba
 -Keaukaha
 *5PM Hele Mai 'Ai
 -Hilo

29
 10:30AM BS&SEC
 -Keaukaha
 5PM Yoga
 -Keaukaha
 *5:30PM Healthy at
 Any Size-Hilo