



Olakino

Newsletter

August
'Aukake 2018



NUTRITION

Look Inside for:

- August & September class schedule
- Back to school tips
- Hui Mālama Ola Nā 'Ōiwi job opportunities!
- 2018 Ladies Night Out information!

A message from our Board of Directors



Aloha kākou,

Hui Mālama Ola Nā 'Ōiwi is a nonprofit agency created in response to the health needs of our people. We are here to help you in your health journey. Please use our services and attend our classes to learn how to take better care of your health. At home, do eat, sleep, and take your medicine as directed. In these summer months, drink plenty of water.

We also offer a specialty transportation program specifically for people with mobility restrictions requiring wheelchairs, walkers, crutches, canes, or blind walking sticks. Continuing through the month of August, we have expanded transportation services from the disaster shelters for those displaced by the lava flow.

This month is the Batting Out Cancer softball tournament, August 25-26 at Walter Victor Baseball Complex organized by Mālama Ka Pili Pa'a, the Hui Mālama cancer support group. The cancer group has so much care and aloha they want to share with our community. Mahalo!

To Auntie Edna and Uncle Sam Baldado, much mahalo for all that you both do for our community and Hui Mālama. God bless. To our staff, there are no words that I can find to say mahalo for keeping our community healthy. To board members, thank you for another year; a job well done in keeping our doors open and our agency moving forward. To Uncle Louis Hao, much mahalo for coming on board and doing a fine job. God bless and mahalo nui for a job well done.

Aloha and mahalo nui loa, Mabel De Silva - Chair

A message from our Executive Director



Aloha mai kākou,

Major health concerns in Hawai'i continue to include diabetes, hypertension, and obesity. While some aspects are beyond our control, like genetics, many health factors are within our control. Are we eating right? Are we exercising? Are we getting proper rest?

I lived on Moloka'i for 30 years. In my time there, there was a Native Hawaiian project called the Moloka'i Diet program. This was part of a larger research project that looked at the habits of our healthy Native Hawaiian ancestors and if reestablishing some of those habits would benefit modern Hawaiians. The findings from the program were positive in that it showed lower cholesterol and blood sugar levels in participants.

When we look at our ancestors, they ate simple foods provided by the 'āina. I encourage our community to learn from their example. Eat more fish, poi, kalo, 'uala (sweet potato), and 'ulu. Fish and poi are high priced, so eat lots of vegetable/fruits. Along with your eating habits, it's important to be active. These efforts together may lower your chance of or help manage diabetes, hypertension, and obesity.

Health is a balance of your food, physical activity, and spiritual too. I know living healthy can be hard. Easy to say "I tired. No time. It's too hard." But, I find for me, having a strong spiritual belief in something more powerful has helped me to find strength when I need it most. That belief helps me in my determination and dedication to be healthy; it empowers me and helps me be more positive. What helps you find motivation?

Remember, we are here to support you. Hui Mālama Ola Nā 'Ōiwi is committed to improving the health of our community. Our nutrition, diabetes management, and hypertension classes were developed to help you. Call us today. You are always welcome!

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

health services. Just visit:

HMONO.org/register

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Kamehameha Schools East Hawai'i Region*

What's Happening Around Hawai'i Island?

Diabetes Support Group

Tuesday, August 7, 5:30-7:00pm, Hui Mālama Office
 Tuesday, August 21, 1:00-2:30pm, Hui Mālama Office

Cancer Support Group

Tuesdays, August 14 & 28, 5:30-7:30pm
 Hui Mālama Office

Exercise & Fitness

Basic Stretch & Strengthening

Tuesdays & Thursdays, 10:30am
 Malia Puka O Kalani Church Gym in Keaukaha

Zumba with Rhonda


2nd & 4th Friday, 10am, Hui Mālama Office
NEW! Mondays & Wednesdays, 5:00pm
 Panaewa Gym

Therapeutic Yoga with Kat

Tuesdays & Thursdays, 5pm
 Malia Puka O Kalani Church Gym



Volunteers providing some pampering at Ladies Night Out last year. Are you joining us for this year's 18th Annual Ladies Night Out in September? More details on page 11.

 Hui Mālama Ola Nā 'Ōiwi			
SCHEDULE OF CLASSES			
	AUGUST	SEPTEMBER	OCTOBER
HILO			
DIABETES MANAGEMENT	Wed 8/8 - 8/22		
HEALTHY HĀPAI	Mon 8/6 - 9/24		
HYPERTENSION			Thurs 10/11 - 10/25
PUNA			
DIABETES MANAGEMENT			Wed 10/10 - 10/24
KONA			
DIABETES MANAGEMENT		Tues 9/4 - 9/18	
EFNEP (Expanded Food & Nutrition Education Program)	Wed 8/1 - 9/5		
HEALTHY HĀPAI		Weds 9/26 - 10/21	
NORTH HAWAI'I			
DIABETES MANAGEMENT			Mon 10/15 - 10/29
HEALTHY HĀPAI	Mon 8/27 - 9/24		
HEALTHY AT ANY SIZE			Thurs 10/4 - 11/8
Schedule subject to change. To sign-up, please call or visit us online today! hmono.org/classes			

Visit our website and follow us for more information on services!

Out in the Community

Here is some of what Hui Mālama Ola Nā 'Ōiwi is doing to help our Hawai'i Island 'ohana Live Longer and Feel Better, Together. Come join us for upcoming events and classes!



Cancer Support

Above: Participants enjoying a relaxing day of yoga, hula, and talk story at Hale Halawai Park on June 17. The event was the fifth in a series of five cancer support events across the island this spring. Looking for support in your cancer journey? Mālama Ka Pili Pa'a, our cancer support group, meets every second and fourth Tuesday of the month at 5:30PM. **Left:** Mālama Ka Pili Pa'a making kīhei and lei during their meeting on July 10.

La'au Lapa'au Beginners Class

Po'okela Ikaika Dombrigues sharing his knowledge about la'au and its healing effects during a beginner's la'au lapa'au class in Kona on July 7.



Diabetes Management

Diabetes support group members with Auntie Edna during July 17 meeting. Hui Mālama Ola Nā 'Ōiwi offers diabetes management classes and a Hilo-based diabetes support group. Join us for the upcoming Diabetes Management classes in Hilo and Kona this month!



Be part of a healthy Hawai'i Island!



Support Hui Mālama Ola Nā 'Ōiwi health services and education today!

Monetary Donations
Visit hmono.org/donate to donate and learn more. You can also bring or mail your donation to:
Hui Mālama Ola Nā 'Ōiwi
1438 Kīlauea Avenue
Hilo, HI 96720

Non-Monetary Donation
We graciously accept non-monetary donations in the form of health education tools, office supplies, and a variety of items to be used for programs. Please contact us to begin a discussion about your non-monetary contribution.
(808) 969-9220

Volunteer
Volunteer opportunities range from helping with educational classes, to office tasks, to assisting at community health fairs. Call or visit us online to learn how you can help!
hmono.org/volunteer

Tea: Growing and Brewing for Your Health

Mana'o from Uncle

Po'okela Ikaika Dombrignes explains that there are many la'au that can be turned into tea for its medicinal qualities. Hawaiians have used mamaki, lemongrass (wapine), and ginger (awapuhi pake) to cure ailments and to help boost the immune system. These teas have been used to detoxify the blood, reduce hypertension, and reduce symptoms of heart issues. Uncle Ikaika also specifies that if tea is being made for its healing qualities, it must be served as a hot tea, never iced.

To learn more about la'au lapa'au, sign up for our interest list online at hmono.org/classes or give us a call at (808) 969-9220.



Po'okela Ikaika teaching about the pōpolo plant in the July La'au Lapa'au Beginners Class in Kona.

good drainage since the plant can easily die from waterlogged soils. Tip for propagation: You can grow Māmaki from cuttings or from a seed, but growing from a seed increases biodiversity.

Wāpine



Lemongrass, or Wāpine, can be continuously harvested by breaking off pulapula (suckers) as needed while leaving the rest undisturbed. Although the lemongrass compounds can be found throughout the plant, the highest concentration is located within the bulb at the base. This is what is used to make tea or used to add flavor in cooking.

'Awapuhi pākē



Ginger, also known as 'Awapuhi pākē, is as easy to grow as burying a piece of ginger in soil. Have you ever noticed growth on the ginger that you let sit on the counter for days? You can plant that too!

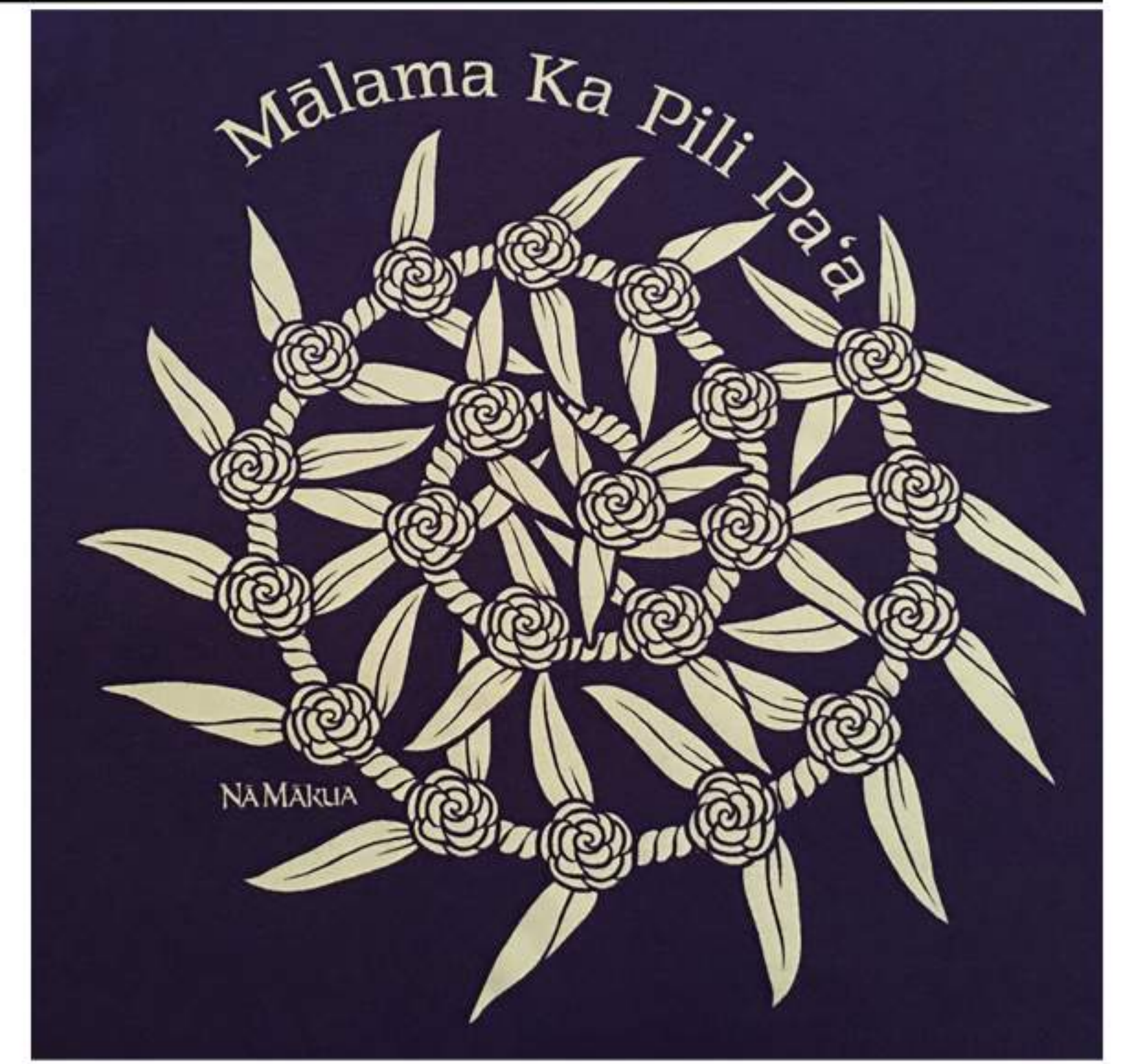
Garden Talk with Matthew Kaho'ohanohano

Māmaki

Māmaki can grow with the right care. It is important for Māmaki to get shade because the quality of the leaves reduce when grown in direct sunlight. When harvesting Māmaki leaves, look for a deep green color. This means that the leaves are more supple with nutrients. You will also want to plant the māmaki in an area with



Matt Kaho'ohanohano is the instructor for the Hui Mālama Ola Nā 'Ōiwi Grow Your Own Lā'au program.



BATTING OUT CANCER SOFTBALL TOURNAMENT

August 25 - 26, 2018

Please come and support our mix softball tournament being held August 25 and 26, 2018 at Walter Victor.

This year the tournament is being held in memory of Vanita "Nene" Kaleo. The annual tournament is a fundraiser for Mālama Ka Pili Pa'a, a cancer support group co-founded by Nene.

Get a team together. Remember that the mix team needs to have at least two women on the roster. It is a time for fun, laughter, comradery and gentle competition.

Funds raised will support the support group's mission and its participation in various cancer-related community service projects and events.



TO SIGN-UP, please contact Sancivee

Ahulau-Kaleo at 557-7116, Charley Kaleo at

990-9729 / 959-9729, or Lester Estrella 397-0257.



Join the Hui Mālama Ola Nā 'Ōiwi Team!

Would you like to join us in our health services and education efforts on Hawai'i Island? Read below for job openings and volunteer opportunities!



POSITION OPENINGS

- 1. Mobile Health Resource Specialist - Kona**
 - 2. Mobile Health Resource Specialist - North Hawai'i**
- Hui Malama Ola Na 'Oiwī is seeking two Mobile Health Resource Specialists, one West Kona focused and one North Hawai'i focused.

The Mobile Health Resource position requires the ability to provide outreach services. Requires canvassing and registrations within the community for our programs, activities, and events. This position requires the ability to work from home and various unassigned locations throughout applicable sites for meetings, events, and face-to-face visits with clients island-wide. Work schedule is from Monday thru Friday 8:00 am - 4:30 pm. Must be flexible to work evenings and weekends as needed. Must be able to work independently, collaborate with staff, community leaders, and be familiar with the Hawaiian community and culture.

Position requires Associate's Degree in nursing or health-related field; or high school diploma with 2 years of relevant experience to include knowledge of community health issues, chronic diseases, and available services.

Salary \$25,000-\$35,000 yearly depending on experience and qualifications.

Submit applications to: HMONO-HR, 1438 Kilauea Avenue Hilo, HI 96720, or send email attachment to noe@hmono.org. Applications will be accepted until position is filled. EOE

Applications and more information can be found online at hmono.org/careers

VOLUNTEER OPPORTUNITIES

The Hui Mālama Ola Nā 'Ōiwi Volunteer Program was developed to provide students and volunteers with opportunities to gain practical and professional experience, and also provide an outlet for helping our community. Volunteer opportunities range from office tasks, to community health fairs, to helping with our exercise classes.

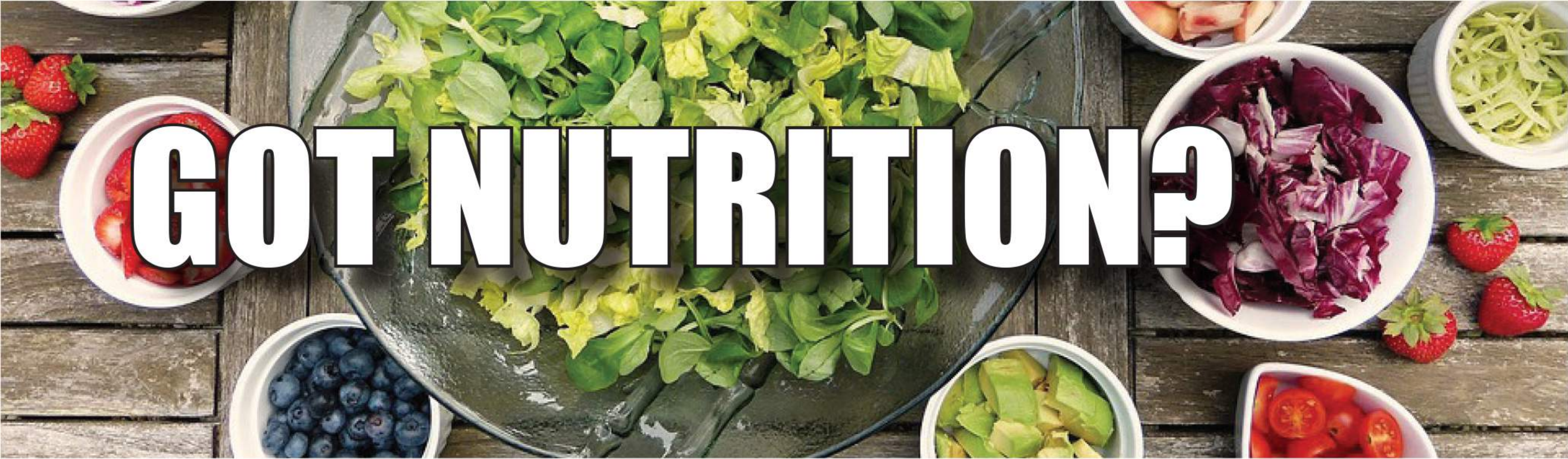
Why Volunteer with Hui Mālama?

- Gain experience in the healthcare and/or education field
- Meet new people and make new friends
- Establish a track record to get a new job
- Fulfill a community service requirement
- Fulfill an academic requirement
- Share your passion
- Challenge yourself and learn something new
- Give back to your community
- Have fun!

Where can I help?

- Educational workshops
- Nutrition, Hypertension, and Diabetes education
- Diabetes and Cancer support groups
- Exercise and Fitness classes including Yoga, Zumba, and Basic Stretch & Strengthening
- Traditional Hawaiian health workshops & classes
- Set-up and clean-up of various programs & classes
- Art projects
- Office tasks & program preparation (folding pamphlets, making children's coloring books, etc.)
- Special Events (Ladies' Night Out, Mālama Nā Keiki Festival, etc.)

Visit hmono.org/volunteer or call us at (808) 969-9220 to learn more!



GOT NUTRITION?

Proper nutrition is a key factor in your overall health. With all the food available at your fingertips in our grocery stores, fast food restaurants, and even our own yards, are you choosing wisely? Do you know what foods provide what nutrients and benefits to your body?

Statistics today show high rates of diabetes, hypertension, and diabetes in our community. But, this was not the case with our Native Hawaiian ancestors. What was different about their health and eating habits?

to research the impact of ancient Native Hawaiian health habits in modern times. The participants ate simple foods like that in the diet of our ancestors. They also focused on cultural values, eating breakfast and dinner as a cohort together each day, and opening meals with a pule. The results of the study showed decreases in blood glucose, triglycerides, and cholesterol. The traditional Native Hawaiian diet has been found helpful and is still encouraged today.



The ancient Native Hawaiians gathered most their food fresh each day. They fished in the ocean, picked from the lowlands, and gathered in the mountains. They prepared their food simply, usually raw or steamed. Their diet consisted of foods like taro, poi, breadfruit, sweet potato, and fish. Pork and chicken were reserved for very special occasions.

The Traditional Hawaiian Diet programs started with the Molokai Diet program in 1987

ADDITIONAL FOODS THAT ARE GOOD FOR OUR HEALTH THAT OUR ANCESTORS ATE:

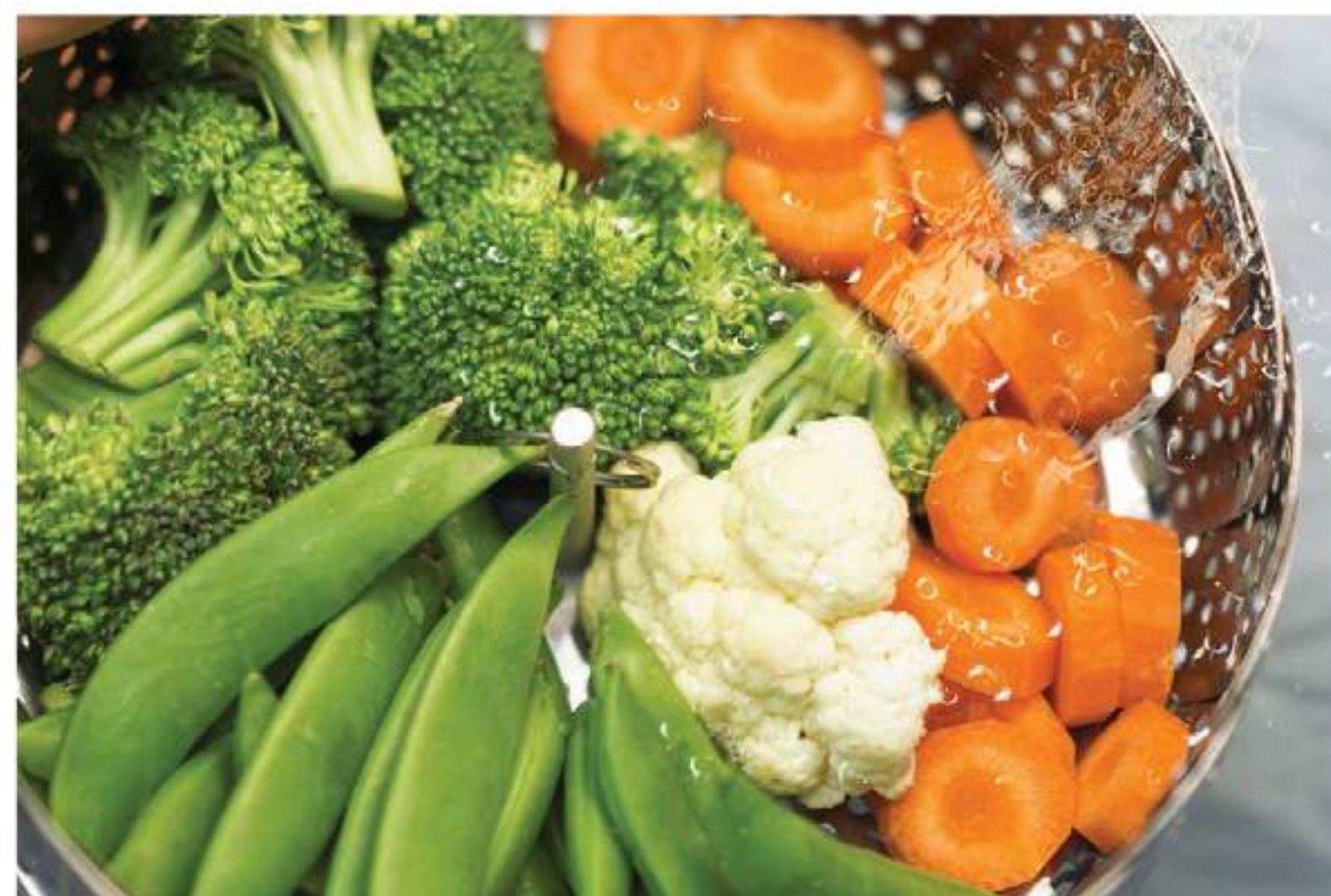
- Banana
- Seaweed
- Taro leaves
- Fern shoots
- Squash



'Uala - Sweet Potato

OTHER HEALTHY FOODS INCLUDE:

- Broccoli
- Carrots
- String beans
- Brown rice
- Whole wheat bread



It is understandable how some of us are quick to eat fast foods in our modern society. Foods ready to serve are much more readily available and convenient to purchase, especially after a long day of work. Unfortunately, fast food typically is prepared with limited vegetables and usually does not provide a balanced meal. In addition to this, a decrease in exercise has led to many of the health issues we see in our community today. What can we include in our daily diets to combat these issues?

WE CAN:

- **Cook Healthy** and bake, broil, poe (grill), or steam foods. Limit or eliminate salt from meals.
- **Eat for Strength.** Overeating is detrimental to your health. Eat what you need to maintain your energy. And eat until you're satisfied, not full.
- **Stay Active!** Our ancestors stayed active with walking, fishing, and working the land.
- **Stay Away from Foods High in Fat or Sugar.** This includes packaged or processed meat, ice cream, candy, soda, and potato chips.

One resource for your journey to a healthier you is called MyPlate. USDA Center for Nutrition Policy & Promotion developed MyPlate to provide nutritional standards and guidance to help

people be healthy. Visit their website at choosemyplate.gov for tips on portion control, nutrients from food, and more! One key tip is to vary your food choices from each food group to build healthy eating styles.

FOOD GROUPS INCLUDE:

- **Fruits** - When consuming fruits, try to use whole fruits instead of fruit juice.
- **Vegetables** - Vary your veggies among the five subgroups: dark-green veggies, red and orange veggies, beans and peas, starchy veggies, and other veggies.
- **Grains** - Choose whole grains more often.
- **Protein** - Eat a variety of lean protein foods from plant and animal sources.
- **Dairy** - If you haven't already, switch to low-fat or fat-free milk, yogurt, and other dairy products.
- **Oils** - Healthy sources of oil provide nutrients like fatty acids and vitamin E for the body. You can find oil as a natural part of foods like nuts, avocados, olives, and seafood!



August Health Challenge

Can you prepare a nutritionally balanced meal with foods from each food group above? Go to choosemyplate.gov to find out more about a well-balanced diet. You can share your recipe with us at facebook.com/huimalama.



Handwashing to Keep Your Family Healthy

It's back to school time! Lots of fun, friends, and learning! It also means plenty of germs. Learning how to wash your hands properly can reduce your child's chance of getting sick at school.

Follow these easy handwashing steps:

1. **WET:** Wet your hands with clean, running water.
2. **SOAP:** Apply soap and lather, front and back of hands, in between fingers, and under your nails!
3. **SCRUB:** Scrub your hands for at least 20 seconds. For kids, it's fun to sing Happy Birthday to make sure they scrub for long enough!
4. **RINSE:** Rinse your hands well under clean, running water.
5. **DRY:** Air dry your hands or dry using a clean towel.



When should you wash your hands?

Often! The Centers for Disease Control and Prevention recommends washing your hands:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After touching garbage



Other Back To School Tips:

- Set a routine for your family in the weeks leading up to school starting, including a routine for: sleeping, regular meals, study habits, physical activity
- Get your annual physical done before each new school year
- Get a proper backpack that fits well, has two padded straps, and a padded back. Remember, once school starts, a keiki backpack should never exceed 20% of your child's body weight.



Breastfeeding, Why Moms Should Do It

*Advice from Leila Ryusaki,
Healthy Hāpai coordinator*

In addition to the precious bonding time between mother and baby, breastfeeding is natural, inexpensive, environmentally friendly, and contains all the vitamins and minerals your baby needs. The health benefits for both mother and baby are nothing short of amazing. It often takes some work in the beginning but once you know the many ins and outs of breastfeeding, you will approach it with confidence. If breastfeeding hurts or if your baby is having trouble nursing, help is available. Contact your healthcare provider or pediatrician.

Good for Baby

- Lower risk of SIDS (Sudden Infant Death Syndrome)
- Less likely to be sick with diarrhea, ear infections, breathing infections, etc.
- Lower risk of obesity, juvenile diabetes, and developing allergies
- Better oral health; fewer cavities when they are older
- Helps brain development



Good for Mom

- Recover more quickly after childbirth
- Burns 200-500 calories a day; lose weight quicker
- Lowers risk for ovarian cancer, uterine cancer, and breast cancer
- Stronger bond between infant and mother
- Reduces stress

“A newborn baby has only three demands. Warmth in the arms of its mother, food from her new breasts, and security in the knowledge of her presence. Breastfeeding satisfies all three.”

- Grantly Read

Healthy Hāpai

Pregnant? Learn about prenatal health and wellness practices in our Healthy Hāpai prenatal classes! Topics covered include: breastfeeding, positive parenting, postpartum education, and more!

[Call to sign-up or learn more.](#)
(808) 969-9220

18th Annual Ladies' Night Out

Hui Mālama Ola Nā 'Ōiwi is hosting our 18th Annual Ladies Night Out (LNO) event Friday, September 28, 2018. 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.



Friday, September 28, 2018

6:00 PM - 9:00 PM

Afook-Chinen Civic Auditorium

ADMISSION BY TICKET ONLY

Tickets available starting August 6, distributed one ticket per person from the Hui Mālama office Mondays 4-6pm and Thursdays 11am-1pm. Please visit HMONO.org/ladiesnightout for more information.

 Make and Take Craft

 Unique Boutique

 Entertainment

 Hair Trim

 Mini Manicures

 Massages

 Refreshments

 DOOR PRIZES!

 And Much MORE...

Free health screenings:

- blood sugar
- blood pressure
- & vision!



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 [hui_malama_](https://www.instagram.com/hui_malama_)

Aunty's Health Message

Aloha mai kākou,

I am Aunty Edna and today I want to encourage commitment to a healthier lifestyle. Not paying attention to our health will eventually set us up for a higher risk of health problems. Living healthy is not just about portion sizes, but more importantly, about how we balance everything from food to lifestyle, to activity, to essentially our concept of what healthy is.

Healthy is more than just getting the right kinds of nutrients our body needs to function effectively. Healthy is a balance of foods, physical activity, and self-care. However, in our day and age, we live fast-paced lives and we tend to substitute things to make life easier. For example, instead of preparing a well-balanced meal, we eat fast food and often miss proper nutrients needed.

Tracey Neithercott, a writer in the Diabetes Living magazine, encourages us to enjoy our eating experience, "Take time to enjoy the food you're eating and what you are putting into your body." Have you ever opened a bag of chips while watching TV and before you know it, the bag is empty?! Sometimes we eat without paying attention which can lead to overeating.

Taking time to prepare a meal and being mindful while eating may lead to healthier eating habits. Balancing our fruits and vegetables, adding salads, and including our 'ohana in a supportive, encouraging, and



healthier way of eating is not only doable, but will make us feel better and live longer too! While it may not be effective to change all your diet habits overnight, I encourage making changes even if small. The small changes will add up overtime to make a big difference in living a healthy lifestyle.



Want to learn more? Come see us at Hui Mālama Ola Nā 'Ōiwi, working 27 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!




Did you know? It is important to incorporate an array of colorful fruits and vegetables into your healthy eating habits. Vibrant fruits and vegetables offer a variety of nutrients. Try eating red, purple, green, orange, and yellow fruits and vegetables in addition to popular white foods like potatoes and onions.



MMR Vaccine and Mumps

The measles, mumps, and rubella (MMR) vaccination is administered at a young age to prevent these diseases. Mumps in particular has been a growing concern for Hawai'i residents this past year. The number of confirmed cases of mumps within the state has amounted to 1,002 with 134 of those cases occurring on Hawai'i island. Learn the symptoms and how to prevent the spread of mumps in the informational graphic.

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.



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.



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



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



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.

Hui Mālama Ola Nā 'Ōiwi Immunization Program

Does your child turn 3 years old between August 2017 and July 2018?
 Has he or she completed all 19 vaccinations?



Did you know if your child turns 3 years old between August 2017 & July 2018 AND completes their 19 immunizations, they can receive a **FREE** backpack or sleeping bag? Just submit their immunization card to our office in Hilo to pick your prize!

The 19 required immunizations include:

- DTP/DTap 1
- DTP/DTap 2
- DTP/DTap 3
- DTP/DTap 4
- IPV 1
- IPV 2
- IPV 3
- MMR
- Hib 1
- Hib 2
- Hib 3
- HepB 1
- HepB 2
- HepB 3
- VZV
- Pneumococcal 1
- Pneumococcal 2
- Pneumococcal 3
- Pneumococcal 4

For more information about our Immunization Program, call us at (808) 969-9220.

August is National Immunization Awareness Month! This purpose is to highlight the importance of vaccinations and how they prevent serious, sometimes deadly, diseases across the country. Learn more about vaccination information and schedules from the Centers for Disease Control and Prevention by visiting <https://www.cdc.gov/vaccines>

Keiki Coloring Corner

Did you know that August is Children's Eye Health and Safety Month? One of the ways you can keep your healthy vision is by eating healthy. Complete the Eye Spy puzzle below to find out foods that help you ***Eat Right to Protect Your Sight!*** 👁️👁️



I spy with my little eye:

Kale
Orange

Tuna
Bell Pepper

Spinach
Sweet Potato



Hui Mālama Ola Nā 'Ōiwi

August 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 5:30PM Zumba -Keaukaha	30 10:30AM BS&SEC -Keaukaha 4:45PM Zumba-Dept. Of Health 5PM Yoga -Keaukaha	1 *4:30PM EFNEP -Kona 5PM Zumba -Panaewa Gym	2 10:30AM BS&SEC -Keaukaha 5PM Yoga -Keaukaha	3	4
6 *10AM Healthy Hāpai -Hilo 5PM Zumba -Panaewa Gym	7 10:30AM BS&SEC -Keaukaha 5PM Yoga-Keaukaha 5:30 PM Diabetes Support Group-Hilo	8 *4:30PM EFNEP -Kona *5PM Diabetes Management Class -Hilo 5PM Zumba -Panaewa Gym	9 10:30AM BS&SEC -Keaukaha 5PM Yoga-Keaukaha	10 10AM Zumba -Hilo	11
13 *10AM Healthy Hāpai -Hilo 5PM Zumba -Panaewa Gym	14 10:30AM BS&SEC -Keaukaha 5PM Yoga-Keaukaha 5:30PM Cancer Support Group-Hilo	15 *5PM Diabetes Management Class -Hilo 5PM Zumba -Panaewa Gym	16 10:30AM BS&SEC -Keaukaha 5PM Yoga-Keaukaha	17 Admission Day OFFICE CLOSED	18
20 *10AM Healthy Hāpai -Hilo 5PM Zumba -Panaewa Gym	21 10:30AM BS&SEC -Keaukaha 1PM Diabetes Support Group-Hilo 5PM Yoga-Keaukaha	22 *4:30PM EFNEP -Kona *5PM Diabetes Management Class -Hilo 5PM Zumba -Panaewa Gym	23 10:30AM BS&SEC -Keaukaha 5PM Yoga-Keaukaha	24 10AM Zumba -Hilo	25
27 *10AM Healthy Hāpai -Hilo *4PM Healthy Hāpai -Waimea 5PM Zumba -Panaewa Gym	28 10:30AM BS&SEC -Keaukaha 5PM Yoga-Keaukaha 5:30PM Cancer Support Group-Hilo	29 *4:30PM EFNEP -Kona 5PM Zumba -Panaewa Gym	30 5PM Yoga-Keaukaha	31	

***CLASS SIGN-UP**
 Most classes offered are 3-weeks long (one session a week).
 Please contact us to sign-up!
 (808) 969-9220 or hmono.org/classes

Join us today!

(808) 969-9220 • HMONO.org
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