



Hui Mālama Ola Nā 'Ōiwi

Diabetes Management

Diabetes Basics

Balanced Meals

Fitness

Medication Management

HILO - Thursdays, 1/23 - 2/6

Hui Mālama Ola Nā 'Ōiwi Office
1438 Kīlauea Avenue, Hilo
Time: 5pm - 7pm

KONA - Tuesdays, 1/14 - 1/28

Lanakila Congregational Church
79-7352 Māmalahoa Hwy, Kealahou
Time: 4:30pm - 6:30pm

PUNA - Wednesdays, 1/8 - 1/22

Hawai'i Academy of Arts and Science
15-1397 Homestead Rd, Pāhoa
Time: 5pm - 7pm



Receive a **FREE**
educational
makana when you
attend all classes

*This Curriculum is certified by the
American Diabetes Association.*




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Native Hawaiians.*

County
of
Hawai'i


Health Resources
and Services
Administration




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

 (808) 969-9220

HMONO.org

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