



# Olakino

September  
Kepakemapa 2019

## Newsletter



# The Work Behind The Scenes

*Celebrating those working to keep our Hawai'i island healthy*

Look Inside For:

Mana'o from Po'okela Ikaika Dombrignes

Ladies' Night Out

Transportation Services



**A message from our Executive Director**

Aloha kākou,

As the start of the new fiscal year moves along, the Board of Directors understands that Hui Mālama Ola Nā ‘Ōiwi has been through what seems like continuous transition for a substantial length of time. Change is rarely easy. The silver lining is that the most recent change is part of a series of strategic steps toward building the best version of our beloved organization. I am immensely proud of the hard work and dedication of our staff who stayed true to Hui Mālama during the past few years. And I know each of you, like me, are grateful for the continued support of our patients, clients, donors, community partners, and our island community at-large.

It is a privilege and sincere pleasure to now serve in the capacity of the Executive Director for Hui Mālama Ola Nā ‘Ōiwi. I find myself reflecting back on the past three years that I’ve served as Board Secretary and a member of the Board’s Planning Committee. I reflect on the enormous progress we have made together as Board members alongside the previous Executive Director, our dearest Uncle Louis Hao. I and other Native Hawaiian community leaders have experienced his “being of service” ‘ike (wisdom) that I have absorbed as the mana that will guide me as we move forward in this journey.



The goal is to build the best version of Hui Mālama Ola Nā ‘Ōiwi which will be accomplished by identifying areas of improvement, implementing those improvements, and empowering each member of our staff to become the best version of themselves; myself included. We will hone in on what initially brought us to Hui Mālama Ola Nā ‘Ōiwi and use that as our own foundation.

**Mahalo nui loa,**  
**Kamuela L. Bannister - Executive Director**



**A message from our Editor**

Aloha kākou,

He kuleana ho’i no mākou ‘o Hui Mālama Ola Nā ‘Ōiwi ka hau’oli e ho’olaha aku i ka mahele o Olakino no Kepakemapa. I kēia mahina nei, mahalo mākou i nā kānaka mālama ma’i e kōkua ‘ana i ke kaiāulu o Hawai’i nui o Keawe. Ho’ohanohano mākou i nā limahana olakino o ke kaiāulu ‘oia ho’i, nā kahu ma’i, nā kauka, nā kāhuna lā’au lapa’au a me nā kānaka e kōkua ana i mau ala ‘ē a’e he nui wale o ke kaiāulu i ka ho’omau ‘ana i ke olakino o kākou. He leo mahalo kēia no nā kūpuna, nā kia’i a me nā kumu e pa’u mau i ka mālama ‘ana iā kākou, e lako ana ka hā’ehuola no ka wā e hiki mai ana a, e kia’i ana i nā wahi kapu ko’iko’i loa no ke ahona o nā kama’āina.

*It is a privilege to introduce to you the September issue of Olakino. This month, we’d like to recognize the people in the community that help Hawai’i island live longer and feel better. We want to commemorate community healthcare workers, nurses, doctors, traditional healers, and all those who have worked in various capacities to sustain the health of Hawai’i island and help the community thrive. We want to show our gratitude especially to the kūpuna, kia’i, and kumu who work endlessly to mālama everyone, secure a healthy future, and protect our wahi kapu that are essential to the wellbeing of all residents.*

**Me ke aloha,**  
**Lindsay Terkelsen - Editor-In-Chief**



**Hui Mālama Ola Nā ‘Ōiwi**  
**Hawai’i Island Health Care System**  
*Live Longer & Feel Better, Together*

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**Join us today!**

Visit [HMONO.org/register](https://HMONO.org/register) to sign up as a client for our health education programs.

Visit [HMONO.org/family-medicine](https://HMONO.org/family-medicine) for information on becoming a patient at our Family Medicine Clinic.

**Printing of Olakino provided by the Kamehameha Schools East Hawai’i Region**

# What's Happening Around Hawai'i Island?

**Diabetes Support Group**

Tuesday, September 3  
 5:30pm-7:00pm  
 Hui Mālama Office  
 1438 Kīlauea Ave, Hilo

**Cancer Support Group**

Tuesday, September 10  
 5:30pm-7:30pm  
 Hui Mālama Office

**Exercise & Fitness**


**Basic Stretch & Strengthening in Keaukaha**  
 September 3, 5, 10, 12  
 10:30am-11:30am  
 Malia Puka O Kalani Church Gym  
 326 Desha Avenue, Keaukaha

**Zumba**

September 4, 9, 11, 30  
 5:30pm-6:30pm  
 Malia Puka O Kalani Church Gym

**Therapeutic Yoga**

September 3, 5, 10, 12  
 5:00pm-6:00pm  
 Malia Puka O Kalani Church Gym

<b>SCHEDULE OF CLASSES</b>			
 <b>Hui Mālama Ola Nā 'Ōiwi</b>			
	<b>SEPTEMBER</b>	<b>OCTOBER</b>	<b>NOVEMBER</b>
<b>HILO</b>			
<b>HULA HYPERTENSION</b>		<b>Wed 10/2 - 12/18</b>	
<b>HYPERTENSION</b>	<b>Wed 9/4 - 9/11</b>		
<b>KA'Ū</b>			
<b>DIABETES MANAGEMENT</b>		<b>Mon 10/21 - 11/4</b>	
<b>HYPERTENSION</b>			<b>Mon 11/25 - 12/9</b>
<b>KONA</b>			
<b>DIABETES MANAGEMENT</b>		<b>Tues 10/1 - 10/22</b>	
<b>HYPERTENSION</b>			<b>Tues 11/5 - 11/19</b>
<b>HEALTHY HĀPAI</b>	<b>Wed 9/4 - 9/11</b>		
<b>NORTH HAWAI'I</b>			
<b>DIABETES MANAGEMENT</b>			<b>Mon 11/18 - 12/9</b>
<b>HEALTHY HĀPAI</b>	<b>Wed 9/4 - 9/11</b>		<b>Wed 11/6 - 12/4</b>
<b>HYPERTENSION</b>		<b>Mon 10/21 - 11/4</b>	
<b>PUNA</b>			
<b>HYPERTENSION</b>			<b>Wed 11/6 - 11/20</b>
<b>HEALTHY AT ANY SIZE</b>		<b>Thurs 10/3 - 10/24</b>	
Schedule subject to change. To sign-up, please call or visit us online today! <a href="http://hmono.org/classes">hmono.org/classes</a>			

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

# 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!



## Lā'au Lapa'au Workshop Pāhoa

On Saturday, July 13 Po'okela Ikaika Dombrignes joined the Puna community at the Pāhoa Gym to teach about lā'au lapa'au, ho'oponopono, lomilomi, and so much more! The community engaged in hands-on activities alongside instructors.

**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](http://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](http://hmono.org/volunteer)

## BISAC Summer Jam

Hui Mālama staff participated in the 7th annual BISAC Summer Jam on Saturday, July 27, a day of strength and celebration, and took 8th place in the bus pull competition!



## Relay for Life Hilo

Mālama Ka Pili Pa'a, the cancer support group at Hui Mālama, assisted in raising funds to support a world free of cancer at Relay for Life on July 20. They enjoyed an evening full of food, dancing, and games! Hui Mālama also gave a presentation on the Cancer Kine Tings program. If you would like to learn more about this program contact us at (808) 969-9220!

## FAMILY MEDICINE CLINIC CURRENTLY ACCEPTING NEW PATIENTS

### AVAILABLE SERVICES:

**Family Medicine**

**Behavioral Health**

**Nutrition Counseling**

**Diabetes Education**

Hui Mālama Ola Nā 'Ōiwi Family Medicine Clinic  
73 Pu'uhonu Place, Suite 101  
Hilo, Hawaii 96720  
Phone: (808) 796-3125  
Fax: (808) 796-3128

Hours: Monday through Friday  
8:00am - 12:00pm and 1:00pm - 5:00pm

### New Patient Registration

New Patient Registration packets are available at the Family Medicine Clinic in Hilo. Packets are also available online at



[www.HMONO.org/family-medicine](http://www.HMONO.org/family-medicine)

Most major insurances accepted.

## PROVIDERS



Stacy Haumea  
DBH, RDN, CDE



Gaku Yamaguchi  
MD



Ka'ohimanu Dang Akiona  
MD



Donna Dennerlein  
LCSW



# Māmaki

## Mana'o From Uncle Ikaika

**M**āmaki is one of the many lā'au (plants) that Hawaiians have been using for over 800 years. Endemic to Hawai'i, māmaki grows at both low and high altitude and it is abundant in the Hawaiian islands. According to Uncle Ikaika, māmaki is one of the best lā'au for modern-day health.

Medicinally, māmaki can be used for high blood pressure, cancer, diabetes, and gout management. Its characteristic red veins resemble human veins, which demonstrates its ability to detoxify and purify the blood and help the body rejuvenate by getting rid of toxins.

Use māmaki fresh rather than drying it to preserve its spiritual and nutritional components. Boil it into a tea and take it daily. Drink it hot or warm, it cannot be utilized as an iced tea. Although many lā'au can't be used every day, māmaki can be used as a daily supplement for overall health.

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## Consultations



**P**o'okela Ikaika Dombrigues was trained in the ancient ways of lā'au on a Heiau in I'ota'e, Kāne'ohē and on Hawai'i island by Kahuna Nui O Pali Tu Sam H. Lono.

Po'okela Ikaika, known by some as Uncle Ikaika, is available for individual appointments and consultations for ho'oponopono, lomilomi, and lā'au lapa'au. (This service is available by appointment only. )

Interested in scheduling an appointment or learning more about traditional Hawaiian health? Call our Traditional Health team at (808) 969-9220.



**Meet the Hui Mālama Ola Nā 'Ōiwi Health Education Team**

**The Health Education team serves island-wide, providing free educational services to the community.**

Nutrition, Hypertension, & Diabetes Classes  
 Healthy Hāpai Prenatal Program  
 Disease Prevention Education  
 Exercise & Fitness Program  
 Health Resource Referrals  
 Specialty Transportation  
 Support Groups

Connect with the Health Education team for presentations, education at community events, and information on health resources in the community at (808) 969-9220 or HMONO.org.



*MAHALO* to the Hui Mālama Ola Nā 'Ōiwi Health Education team for their continued dedication in helping Hawai'i island Live Longer & Feel Better!



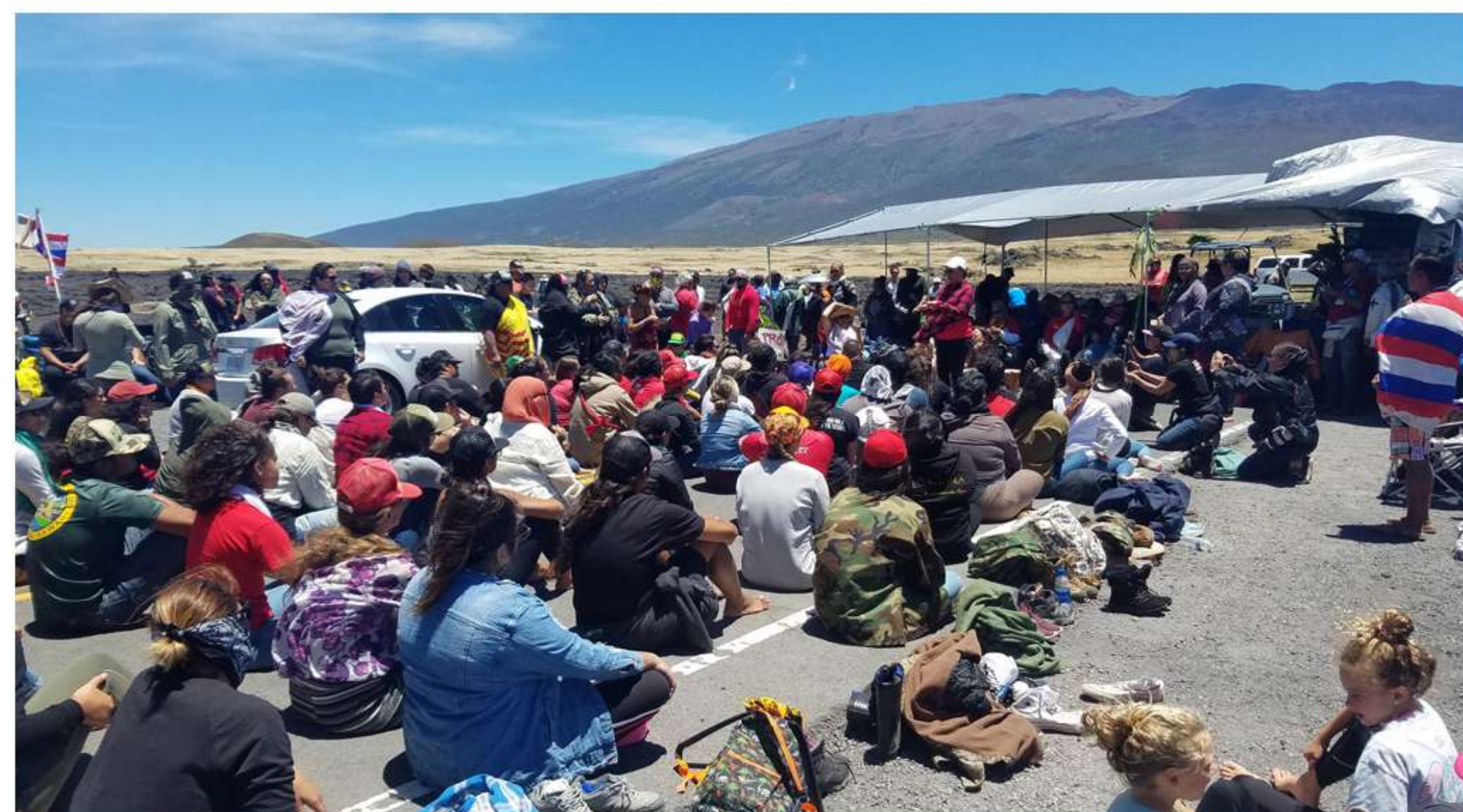
# The Work Behind the Scenes

*Celebrating those working to keep our Hawai'i island healthy*

**D**uring Labor Day we celebrate the thousands of people that offer their labor in various ways to keep our communities thriving. Our community faces unique challenges, and our community members have found unique solutions. From large contributions to small contributions, each group and each individual works toward the same goal: to maintain a healthy Hawai'i island.

## At the Mauna

At the base of Mauna Kea Access Road and Pu'uuhuluhulu, you can find thousands of people gathering in celebration, opposition of desecration, and cultural protocol. You may encounter people from around Hawai'i island, from different islands, and from around the world. With thousands of people, the potentially extreme weather, and emotionally taxing situations, who is overlooking the health of everyone present?



*People practicing hula and mele (songs) at the base of Mauna Kea Access Road.*

Among the emergency responders who are always present and prepared, there is one organization that is comprised entirely of volunteers: the Mauna Medics Healer's Hui.

The Mauna Medics Healer's Hui is a group of healthcare providers who came together to offer free, accessible services to anyone visiting Pu'uuhuluhulu and Mauna Kea Access Road. According to Dr. Kalamaoka'aina Niheu, the group is made up of about 150 skilled volunteers and 20 core volunteers that maintain daily operations.

These volunteers are qualified service providers in first-aid, mental health, massage, lā'au lapa'au, and others. They often work long shifts (Dr. Kalama herself working 48-hour shifts) and see hundreds of people per day, ensuring that everyone present is informed, taken care of, and healthy. When visiting the area, be sure to mālama them, offer donations or assistance, and give them a big mahalo!



## Exercise & Fitness

In today's Hawai'i, we face different health challenges at higher rates than our ancestors did centuries ago. Exercise and fitness are primary prevention strategies for many of these health challenges. Combating these health challenges are the three instructors of the Hui Mālama Ola Nā 'Ōiwi Mākau Kino Exercise & Fitness Program.



One instructor, Catherine Southern, leads the Basic Therapeutic Yoga classes where she encourages participants to study their breath and bodily awareness. Catherine works to create an environment for participants to learn about themselves and work towards mental and physical wellness.



*Instructor Keanne (middle) with Zumba participants after a lively dance session.*

Keanne Beardsley, the instructor for Zumba class, has a similar goal but follows a different strategy. In her classes, she energizes participants through expressive dance moves to break a sweat, improve heart health, and have fun!



*Instructor Sodie (forefront) demonstrating proper stretches.*

Sodie Kabalis, who has worked with Hui Mālama for roughly 20 years, now teaches the largest Mākau Kino class: Basic Stretch & Strengthening Exercise. Sodie works hard to teach clients that each movement learned in class can be implemented during everyday activities. He also adds a flare of humor to keep participants smiling through their workouts.

One class participant described that the class helped with her aches and pains. For all three instructors, this is why they do what they do. As Sodie says, it's "all for the people."

## Traditional Healers

In our modernized world, tradition plays an essential role in the health of both indigenous and non-indigenous peoples. Thanks to those dedicated to perpetuating traditional healing practices, these services can be utilized island-wide, state-wide, and world-wide.

Lehua Hobbs, an experienced Licenced Massage Therapist and lomilomi practitioner, uses her skills and mana to offer lomilomi massage services through Hui Mālama. Lomilomi is highly effective and intricate, and can help improve circulation, alleviate muscle pain, and boost mental clarity.



*Lā'au Lapa'au class participants practicing basic massage techniques.*

Other traditional healers like Po'okela Ikaika Dombrignes have vast knowledge of lā'au lapa'au (medicine) and the restorative properties of plants, which he himself has studied for the majority of his life. Po'okela Ikaika has worked to pass on this knowledge of lā'au lapa'au so "the health of our people can not be diminished."

Traditional healers make up a small portion of the health community, but their contributions in uplifting the people of Hawai'i are immense and invaluable.

## Learning More

Hui Mālama offers Traditional Health, lomilomi services, and Mākau Kino Exercise & Fitness classes to the community. To learn more about these services, call us at (808) 969-9220 or visit our online event calendar at [hmono.org/events!](http://hmono.org/events!)

# The Heroes of Ladies' Night Out

Ladies' Night Out is the largest event hosted by Hui Mālama Ola Nā 'Ōiwi, with over 600 women attending each year.

This Labor Day, and throughout the year, we would like to extend our gratitude to the heroes who make Ladies' Night Out possible: the service providers.

Ladies' Night Out is an event that promotes health awareness and appreciation for the women of Hawai'i island by providing an evening of free pampering and health services. Each year, over 200 service providers from around Hawai'i island come together to serve the community, each in

their own unique way, from health screenings and clothing to manicures and massages.

This special event is a tribute to Ms. Nancy Everett, a registered nurse who worked closely alongside Hui Mālama. Service providers volunteering at Ladies' Night Out offer immense contributions to our united vision of community wellness.

Interested in attending the 19th annual Ladies' Night Out? Register at our Hilo office and stop by to pick up a ticket at the dates and times below. And be sure to give the service providers a big mahalo when you see them!

Mini Manicures, food, refreshments, massages...



Hair trimming, health screenings, and more!

**Friday, September 27, 2019**

**6:00 p.m. - 9:00 p.m.**

**Edith Kanaka'ole Stadium**

**350 Kalanikoa St. Hilo, HI 96720**

**ADMISSION BY TICKET ONLY**

**This event is only for women 18 years and older.**

**Please no children or pets.**

**Alcohol, drug, tobacco, e-cig free event.**

**Ticket pick-up**

**Every Monday 4:30pm - 6:30pm**

**Every Thursday 11:00am - 1:00pm**

**Hui Mālama Ola Nā 'Ōiwi office**

**1438 Kilauea Ave, Hilo**

**ONE ticket per person while supply lasts**

**Please bring a photo ID**

**Last day to pick-up tickets is  
MONDAY, SEPTEMBER 23!**

# Kōkua Hali Specialty Transportation



The Kōkua Hali Specialty Transportation Program provides transportation services to medical and health-related appointments on Hawai'i island for Hui Mālama Ola Nā 'Ōiwi clients:

- with mobility restrictions that require the assistance of durable medical equipment (DME) (e.g. wheelchairs, walkers, crutches, and canes)
- visually impaired clients requiring a blind walking stick.



Medical and health-related appointments include: physician visits, hospitals, dental appointments, x-ray, laboratory, physical & occupational therapy, and traditional healing practitioners.

The Specialty Transportation program is available Monday through Friday by appointment only. If you're an interested client, please make requests directly to the Hui Mālama Hilo office Monday through Friday from 8:00am to 4:30pm at least 3 business days prior to your appointment. Specialty Transportation is provided to clients upon availability.



**Interested in registering for or learning more about our Kōkua Hali Specialty Transportation program?  
Call us today at (808) 969-9220!**

# County of Hawai'i Nonprofit Grants

**H**ui Mālama Ola Nā 'Ōiwi is pleased to share our gratitude for four grants from the County of Hawai'i Nonprofit Grants Program. The grants will support a series of Hui Mālama health-focused programs aiming to serve keiki to kūpuna across the island.

**\$4,843** toward underprivileged women's self-care, health, and wellness at the 19th Annual Ladies' Night Out event and the implementation of the Kāne program.

**\$12,076** for the Diabetes Program - awareness, prevention, and management education as well as support groups for keiki and adults.

**\$7,658** toward E Mālama I Ke Olakino O Nā Keiki, a keiki fitness program focused on combating childhood obesity through traditional Hawaiian fitness.

**\$14,398** toward the Kōkua Hali Specialty Transportation services.



## Did you know?

In the state of Hawai'i, approximately 12% of the adult population is diagnosed with diabetes. Diabetes is considered the 7th leading cause of death nationwide. Hui Mālama Ola Nā 'Ōiwi hopes to combat those rates with our Diabetes Management classes.

In our classes we go over managing life with diabetes through education, and cover topics such as balanced meals, fitness and so much more!

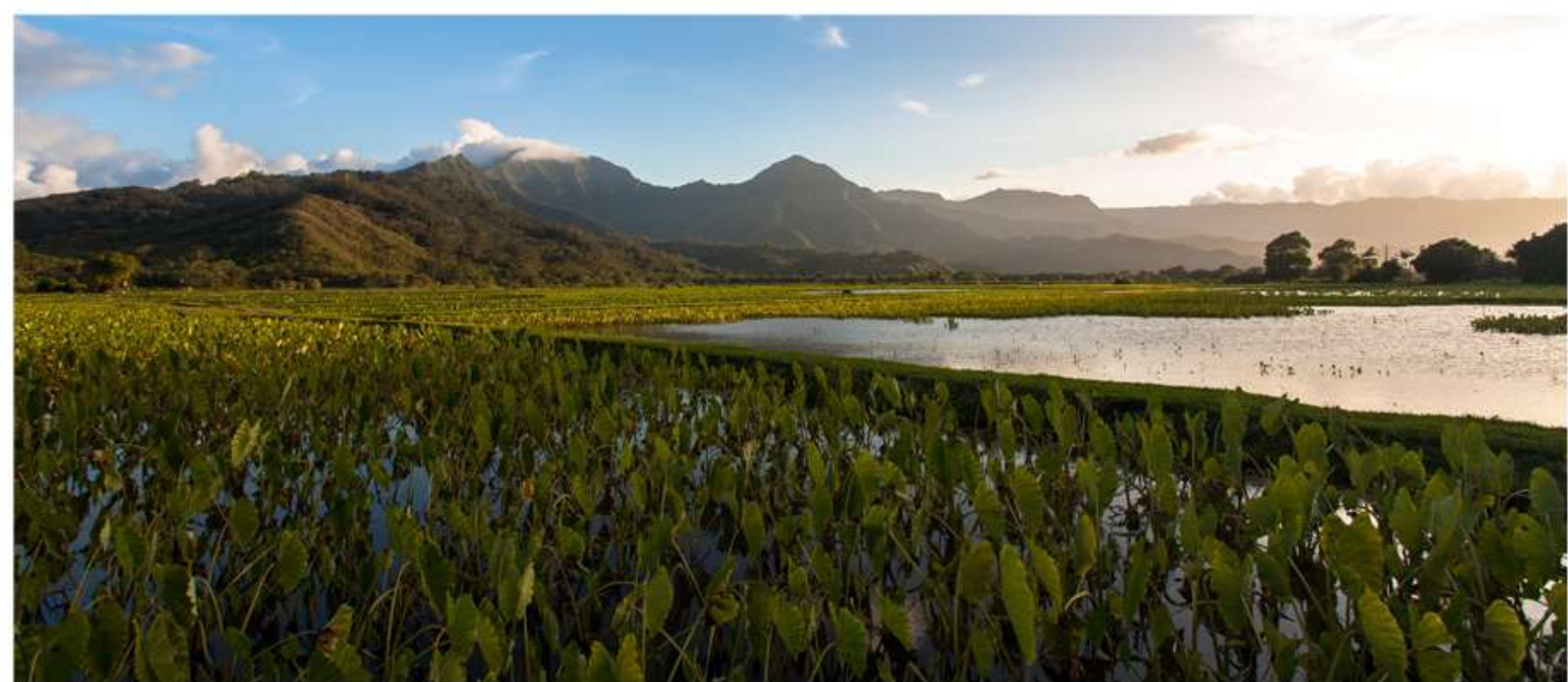
Interested in these classes? See page 2 for upcoming class dates. To sign up, contact our office at (808) 969-9220 or visit [hmono.org/classes](http://hmono.org/classes).



## Aloha mai kākou,

I am Aunty Edna and as the end of the year is quickly approaching, I am being reminded of the responsibilities we have in our community.

Facing all these issues we have this year has not only been challenging but also a strong reminder of the responsibility we each have. We must maintain a healthy and strong people physically, emotionally, and mentally as well as the land and things around us.



I am strongly reminded of my mother's favorite quotation to us when we would get out of hand: "Do things decently and in order." For us as a people of this land and in essence the whole world around us, community togetherness is very important. Because we are all connected, it's important that we act responsibly to everybody and everything that surrounds us.

Demonstrating a healthy lifestyle encourages, supports, and empowers everybody and everything around you to think and live likewise. Mālama yourself and mālama others.



Here are some ideas to contribute in your community:

1. **Help enhance your neighborhood.** Consider volunteering to fix roads, sidewalks, or houses in your neighborhood. Or share your skills by teaching a class at a community center.
2. **Aloha 'āina.** Clean up trash whenever you see it. Invest in reusable items and grow your own food. Call us to learn about our Grow Your Own Lā'au program!
3. **Mālama kūpuna.** Gather friends and make a "shop group" to pick up groceries for kūpuna and those with mobility challenges. Or offer your musical or artistic talents at a nursing home.
4. **Donate!** Donating warm clothes to those on the mauna, hygiene necessities to shelters, or animal supplies to animal shelters goes a long way.

Need help or want to talk story? Come see us at Hui Mālama Ola Nā 'Ōiwi, working 28 years to help our Hawai'i island be a healthy and happy place. Visit our website at [hmono.org](http://hmono.org) or call us at (808) 969-9220.



# CHICKENPOX VACCINE

Chickenpox is considered a highly contagious disease that is caused by the varicella-zoster virus. Signs of the virus include an itchy, blister-like rash. The rash will typically appear first on the individual's chest, back, and face, eventually spreading over the entire body.

The Centers for Disease Control recommends two doses of the chickenpox vaccine for children, adolescents, and adults who never had chickenpox and were never vaccinated. Children specifically are recommended the first dose at age 12-15 months and the second at age 4-6 years.

The chickenpox vaccine is very safe and extremely effective in counteracting the virus. Side effects for the vaccine are more common after the first dose than after the second. Some side effects include:

- Sore arm from the shot
- Fever
- Mild rash
- Temporary pain and stiffness in the joint

To learn more about the chickenpox vaccine, visit [cdc.gov](http://cdc.gov) or call us at (808) 969-9220 to receive information about our immunization program!

## Hui Mālama Ola Nā 'Ōiwi Immunization Program

- Does your child turn 2 years old between August 2018 and July 2019?
- Has he or she completed all CDC Recommended vaccinations (24-25)?



Did you know if your child meets the requirements above, he or she can receive a **FREE** backpack or sleeping bag? Visit our Hilo office to submit your child's immunization records, register, and choose a makana!

### The 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
- Hep A
- HepB 1
- HepB 2
- HepB 3
- VZV
- Pneumococcal 1
- Pneumococcal 2
- Pneumococcal 3
- Pneumococcal 4
- RV1 or RV5

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



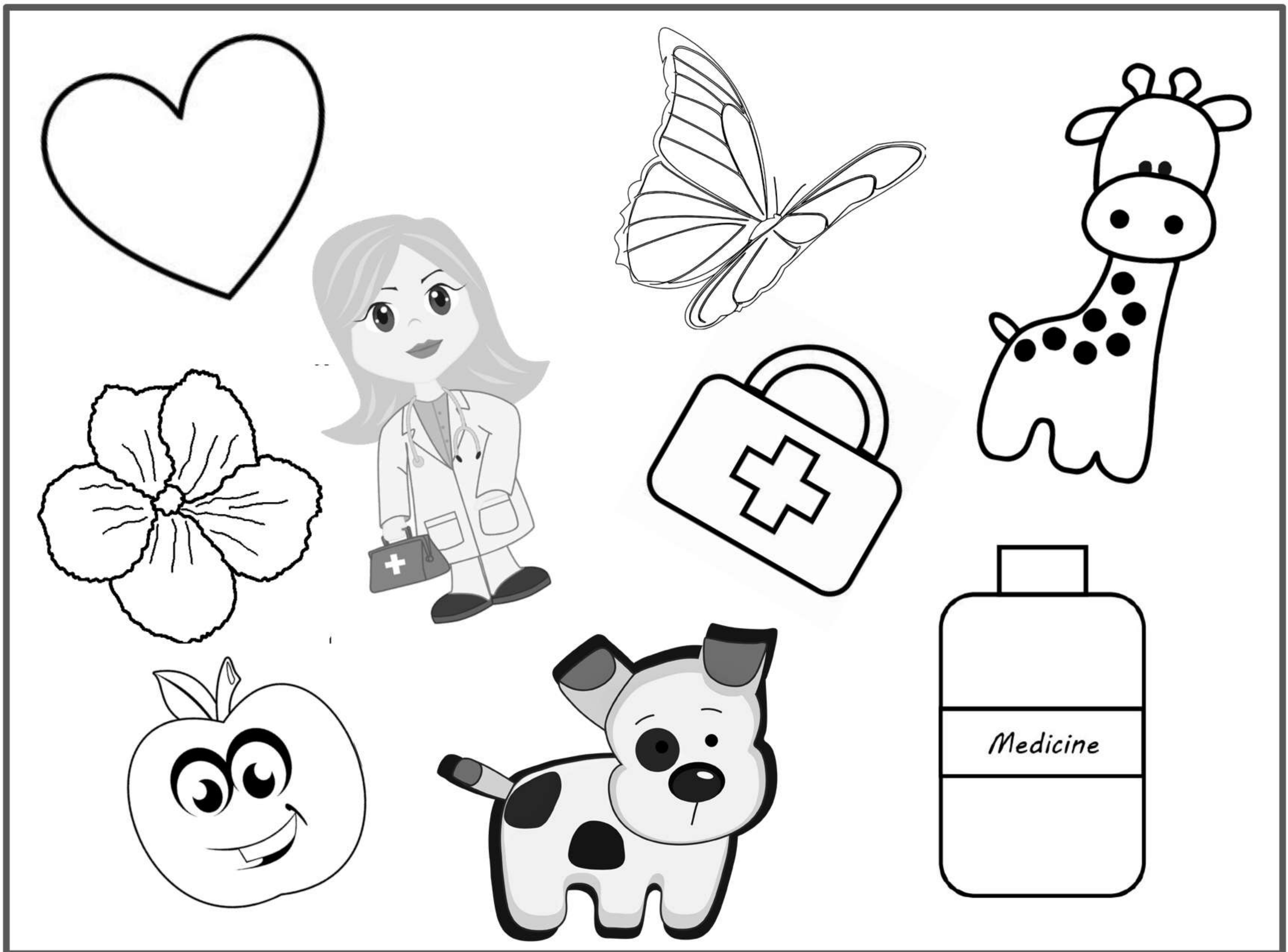
# Keiki Coloring Corner

In September, we celebrate the many providers that take the time to care for and treat us!

Circle the "I Spy" items and color the pictures below!

- ★ I spy a doctor
- ★ I spy medicine


- ★ I spy an apple
- ★ I spy a first-aid kit





# Hui Mālama Ola Nā 'Ōiwi

## September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>OFFICE CLOSED</b>	3 10:30AM BS&SEC -Keaukaha  *4:30PM Hypertension Class -Kona  5PM Yoga -Keaukaha  5:30PM Diabetes Support Group -Hilo	4 *9AM Healthy Hāpai -Kona  *3PM Healthy Hāpai -Waimea  *5PM Hypertension Class -Hilo  5:30PM Zumba -Keaukaha	5 10:30AM BS&SEC -Keaukaha  5PM Yoga -Keaukaha  11am-1am Ladies' Night Out Ticket Pick-up -Hilo	6 
9 5:30PM Zumba -Keaukaha  *Lomilomi Services -Nā'ālehu  4:30pm-6:30pm Ladies' Night Out Ticket Pick-up -Hilo	10 10:30AM BS&SEC -Keaukaha  *4:30PM Hypertension Class -Kona  5PM Yoga -Keaukaha  5:30PM Cancer Support Group -Hilo	11 *9AM Healthy Hāpai -Kona  *3PM Healthy Hāpai -Waimea  *5PM Hypertension Class -Hilo  5:30PM Zumba -Keaukaha	12 10:30AM BS&SEC -Keaukaha  5PM Yoga -Keaukaha  11am-1am Ladies' Night Out Ticket Pick-up -Hilo	13
16 4:30pm-6:30pm Ladies' Night Out Ticket Pick-up -Hilo	17	18 9:30AM BS&SEC -Nā'ālehu	19 11am-1am Ladies' Night Out Ticket Pick-up -Hilo	20
23 *Lomilomi Services -Nā'ālehu  4:30pm-6:30pm <b>LAST DAY</b> for Ladies' Night Out Ticket Pick-up -Hilo	24	25	26	27 6pm-9pm 19th Annual Ladies' Night Out -Edith Kanaka'ole Stadium  <b>ADMISSION BY TICKET ONLY</b>
30 5:30PM Zumba -Keaukaha  *Lomilomi Services -Nā'ālehu	<p><b>*SIGN-UP:</b> Please call us for locations and to sign up, or sign up online at <a href="http://hmono.org/classes">hmono.org/classes</a> <b>SUBSCRIBE TO THE ELECTRONIC NEWSLETTER AT:</b> <a href="mailto:contact@hmono.org">contact@hmono.org</a> or <a href="http://www.HMONO.org/olakino">www.HMONO.org/olakino</a></p> <p><b>Live Longer &amp; Feel Better, Together!</b></p>			