



Hui Mālama
Ola Nā 'Ōiwi

GROW YOUR OWN LĀ'AU

DECEMBER 22 | 10:30AM - 12:30PM

**Hāmākua Harvest Farmers Market
44-2600 Māmalahoa Hwy, Honoka'a**

In this free, hands-on class, Grow Your Own Lā'au instructor Carly Wyman will educate attendees on six lā'au (*Hawaiian plants*), which are the foundation of traditional Hawaiian healing. She will share how to grow them and you can take them home to plant in your yard!



HAWAII TOURISM

Support provided by
Hawai'i Tourism through the
Kūkulu Ola Program

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Health Resources &
Services Administration

 (808) 969-9220

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