

Patchwork Wellness 2021

All classes are online from 5:00pm-6:30pm
Sign-up at hmono.org/services



Hui Mālama
Ola Nā 'Ōiwi

January 4

Planting Seeds
of Focus
Powered By
Hawaiian Moon
Cycles

February 1

Sugary Drinks

March 1

Cancer Kine
Tings

April 5

Kanikapila with
Kat, Sharing
Hawaiian Music
and Songs

May 3

Dance with
Kat, Dance
for Health

June 7

Natural Skin
Care

July 12

Family Garden
Abundance

August 2

Plant-Based
for Health

September 13

Meal Planning
on a Budget

October 4

Healthy
Holiday
Cookies &
Desserts

November 1

Hula-Line
Dance Fusion

December 6

Holiday Crafts

(808) 969-9220

HMONO.org

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

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