

FAMILY MEDICINE CLINIC

82 Pu'uhonu Place, Suite 209

Hilo, HI 96720

Phone: (808) 796-3125

Fax: 1-866-372-2766



SERVICES & PROVIDERS

Family Medicine

Gaku Yamaguchi, MD

Susan Cauley, MD

Nutrition Counseling & Diabetes Education

Stacy Haumea, DBH, RDN, CDE

Behavioral Health

Donna Dennerlein, LCSW

Community Wellness

Health presentations for schools, business, and community groups

Health screenings and resource referrals

Diabetes

Diabetes Self-Management Education & Support program

Exercise & Fitness

Basic Stretch & Strengthening

Therapeutic Yoga

Zumba

Heart Health

Hypertension Class

Ola Hou i Ka Hula: Hula for Health

Immunization Program

For keiki under 2 years old

Receive makana upon completion of recommended immunizations

Kōkua Hali

Specialty Transportation

Transportation to medical appointments for those with mobility restrictions

Nutrition

Hele Mai 'Ai

Healthy at Any Size

Special Events

Ladies' Night Out

Kāne Program

Mālama Nā Keiki Festival

Support Groups

Cancer

Diabetes (adult and youth)

Wellness

MANA OLA OF HAWAI'I ALOHA

Three components of Hawai'i healing are found within the word *Hawai'i* itself: *Ha* means breath, *wai* means water, and *i* means spirit.



La'au Lapa'au

Workshops and classes

Grow Your Own La'au

Community Garden workshops

Ho'oponopono

Island-wide introductory sessions

One-to-one consultations

Training

Lomilomi

Lomilomi massage in Hilo & Ka'ū

Lomilomi ha ha

Training

Other Services

Healthy Hapai Prenatal Program

Makahiki Games

All Hawaiian language in the Traditional Hawaiian Healing department is translated by Po 'okela Ikaika Dombrignes.