

May  
2017



**HMONO**  
Community Health Education Services

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*Monday ZUMBA classes will be temporarily relocated to Haili Gym due to Traditional Healing Classes from 4/24/17 to 5/15/17. We apologize for any inconvenience this may cause.</p>	<p>2 10 AM BS&amp;SEC -Hilo 5:00 PM Therapeutic Basic Flow (Yoga) -Hilo</p>	<p>3 10 AM EFNEP -Pāhoa 5:30 PM ZUMBA W/ JoYi -Hilo</p>	<p>4 10 AM BS&amp;SEC -Hilo 5:00 PM Therapeutic Basic Flow (Yoga) -Hilo</p>	<p>5 9AM Let's Talk Story with Aunty Kau 10:00 AM ZUMBA w/ Rhonda -Hilo</p>	<p>6 9:00 AM Hawaiian Traditional Healing La'au Lapa'au Workshop -Kona</p>
<p>8 5:00 PM Traditional La'au Lapa'au Class Hilo 5:30 PM ZUMBA W/ JoYi <u>Haili Gym</u> Hilo</p>	<p>9 10 AM BS&amp;SEC Hilo 4 PM LLFB Class -Kona Hypertension &amp; Diabetes 5:00 PM Therapeutic Basic Flow (Yoga) -Hilo 6:30 PM Cancer Support Group -Hilo</p>	<p>10 5:30 PM ZUMBA W/ JoYi -Hilo</p>	<p>11 10 AM BS&amp;SEC -Hilo 1 PM Diabetes Support Group -Hilo 5:00 PM Therapeutic Basic Flow (Yoga) -Hilo</p>	<p><b>JOIN US TODAY!</b> <b>Please call our office for more information.</b> <b>969-9220</b></p>	
<p>15 5:00 PM Traditional La'au Lapa'au Class Hilo 5:30 PM ZUMBA W/ JoYi <u>Haili Gym</u> Hilo</p>	<p>16 10 AM BS&amp;SEC Hilo 4 PM LLFB Class -Kona Hypertension &amp; Diabetes 5:00 PM Therapeutic Basic Flow (Yoga) -Hilo</p>	<p>17 5:30 PM ZUMBA W/ JoYi -Hilo</p>	<p>18 10 AM BS&amp;SEC -Hilo 5:00 PM Therapeutic Basic Flow (Yoga) -Hilo</p>	<p>19 10:00 AM ZUMBA w/ Rhonda -Hilo</p>	<p>20</p>
<p>22 5:30 PM ZUMBA W/ JoYi -Hilo</p>	<p>23 10 AM BS&amp;SEC Hilo 4:30 PM EFNEP -Kona 5:00 PM Therapeutic Basic Flow (Yoga) -Hilo 6:30 PM Cancer Support Group -Hilo</p>	<p>24 5:30 PM ZUMBA W/ JoYi -Hilo</p>	<p>25 10 AM BS&amp;SEC -Hilo 5:00 PM Therapeutic Basic Flow (Yoga) -Hilo 6:30 PM Diabetes Support Group -Hilo</p>	<p>26 10:00 AM ZUMBA w/ Rhonda Hilo</p>	<p>27</p>
<p>29 5:30 PM ZUMBA W/ JoYi -Hilo</p>	<p>30 10 AM BS&amp;SEC Hilo 4:30 PM EFNEP -Kona 5:00 PM Therapeutic Basic Flow (Yoga) -Hilo</p>	<p>31 5:30 PM ZUMBA W/ JoYi -Hilo</p>	<p>1 5:00 PM Therapeutic Basic Flow (Yoga) Hilo</p>	<p><b>BS&amp;SEC - Basic Stretch &amp; Strengthening Exercise Class</b></p> <p><b>EFNEP - Expanded Food and Nutrition Education Program</b></p> <p><b>LLFB - Live Longer, Feel Better</b></p>	