

October
'Okakopa 2018



Ola Hou I Ka Hula

Newsletter



Laulima

Working Together

Look Inside for:

- *October - December class schedule*
- *Details on the new Ola Hou I Ka Hula hypertension class at Hui Mālama Ola Nā 'Ōiwi*
- *Breast Cancer Information & First Annual Pink Out Event!*

A message from our Board of Directors



Aloha kākou,

A big mahalo to our staff for all their hard work on Ladies' Night Out and mahalo nui to the community for all their support. It was another fantastic evening of promoting women's health and enjoying pampering services.

October is Breast Cancer Awareness month. The big "C", a letter, now a word called "cancer". Breast cancer took the life of my sister 25 years ago at the age of 54. At that time, cancer was something new to us, an illness that took people's lives. Where did it come from? How did you get it? And what did the doctors know about breast cancer? My sister and our family lived through it, trying to find answers to the many questions. Three decades later, breast cancer took the life of one of my nieces. I had to put myself in their place, to try to understand this family sickness. I decided to read more about all kinds of cancer. I wanted to understand more about cancer, treatment options, detection, and what we could do to lower our risk. Ladies, please do your breast check when you take your bath. It just takes a few minutes to do and it could save your life. If you need more information, please call the office of Hui Mālama Ola Nā 'Ōiwi. We are here to help. Mahalo nui loa,

Mabel De Silva - Chair

A message from our Executive Director



Aloha mai kākou,

My first experience with cancer was my grandma passing away at the young age of 47, leaving behind her 19 children. Cancer has also impacted my children, with my own daughter battling cancer. Cancer is hard to understand for most of us, but we do know it can be devastating.

I'd like to say mahalo nui to our strong community and the amazing way people mālama each other. Hui Mālama Ola Nā 'Ōiwi is blessed to have our cancer support group, Mālama Ka Pili Pa'a. Inspirational, caring, and supportive, this group of men and women truly make a difference in so many lives. I am amazed to watch people in this hard time of their life come together, support one another, and spread positivity to the world. We've also been blessed by Spirited Survivors, another support group based in Hilo who chooses time and again to give back to the community.

I see resilience in these people. They have taught me that life is precious and that we should enjoy each moment. We should do what we can to be our healthiest, live each day with a positive outlook, and leave the rest to Ke Akua. Some time ago I had my own scare with cancer when something unusual was found on a routine screening, but thankfully with early detection and a minor procedure, I was okay. I encourage our community to do your screenings and self-exams as early detection is key. Come talk story with us if you have questions about screenings and support. And if one of us is battling cancer, remember that you are not alone. There are people walking a similar journey, one step at a time. Mahalo to all of you who teach me each day to value life, to help others, and to be thankful for the many blessings.

Louis Hao - Executive Director



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

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Editor-In-Chief: Jasmine LeFever
jasmine@HMONO.org
Content Writer: Marguerite Stith

HMONO.org
(808) 969-9220
1438 Kīlauea Ave., Hilo, HI 96720
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Become a member today!

Take advantage of
Hui Mālama Ola Nā 'Ōiwi
health services. Just visit:
HMONO.org/register

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

What's Happening Around Hawai'i Island?

Health Education

NEW! - *Ola Hou I Ka Hula Hypertension Class*

A 12-session class starting October 10, Mondays & Wednesdays, 5:00-6:00pm, Hui Mālama Office. Spots are limited to the first 25! Call to sign-up today!

Diabetes Support Group

Tuesday, October 2, 5:30-7:00pm, Hui Mālama Office
 Tuesday, October 16, 1:00-2:30pm, Hui Mālama Office

Cancer Support Group

Tuesday, October 9 & 23, 5:30-7:30pm, Hui Mālama Office

Exercise & Fitness

Basic Stretch & Strengthening
 Tuesdays & Thursdays, 10:30am
 Malia Puka O Kalani Church Gym in Keaukaha

NEW! - *Basic Stretch & Strengthening in Ka'ū!*


Wednesdays, October 3, 10, 24, & 31, 9:30am, Na'ālehu Community Center

Zumba

Friday, October 12 & 26, 10:00am, Hui Mālama Office
 Mondays & Wednesdays, 5:30pm, Malia Puka O Kalani Church Gym

Therapeutic Yoga

Tuesdays & Thursdays, 5:00pm, Malia Puka O Kalani Church Gym

SCHEDULE OF CLASSES			
 Hui Mālama Ola Nā 'Ōiwi	OCTOBER	NOVEMBER	DECEMBER
HILO			
DIABETES MANAGEMENT		Thurs 11/1 - 11/15	
HEALTHY HĀPAI	Mon 10/22 - 11/26		
HYPERTENSION	Thurs 10/11 - 10/25		
OLA HOU I KA HULA	Mon & Wed 10/10 - 11/28		
PUNA			
DIABETES MANAGEMENT	Wed 10/10 - 10/24		
HYPERTENSION			Wed 12/5 - 12/19
KA'Ū			
DIABETES MANAGEMENT		Mon 11/19 - 12/3	
HYPERTENSION	Thurs 10/11 - 10/25		
KONA			
DIABETES MANAGEMENT			Tues 12/4 - 12/18
HYPERTENSION		Tues 11/6 - 11/20	
NORTH HAWAI'I			
DIABETES MANAGEMENT	Mon 10/15 - 10/29		
EXPANDED FOOD & NUTRITION EDUCATION		Wed 11/7 - 12/6	
Schedule subject to change. To sign-up, please call or visit us online today!			
hmono.org/classes			

Visit our website for information on more services! 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!



Zumba

Participants dancing the night away during Zumba class in Keaukaha on September 20.

Air Purifiers in Ka'ū

Hui Mālama received a donation of air purifiers from Coway to support those impacted by recent ashfall in the Ka'ū area. Hui Mālama Bernie Freitas is seen here with staff of Ka'ū Rural Health Clinic who received 5 air purifiers to be used by patients whose health was significantly impacted by the ashfall.



Hui Mālama Ola Nā 'Ōiwi
Live Longer & Feel Better, Together

Ladies' Night Out 2018!

Staff tabled at numerous community agencies to distribute tickets for the 18th Annual Ladies' Night Out event held September 28. Over 600 participants and volunteers gathered for the women's health evening.



Batting Against Cancer Softball Tournament

Mālama Ka Pili Pa'a hand-crafted forty beautiful trophies for their annual Batting Against Cancer Softball Tournament that was scheduled the end of August. Due to the hurricane, this year's tournament was cancelled, but keep your ears open for the 2019 tournament to be held next spring or summer! Great job MKPP on your beautiful work.



*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 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

Mana'o Māla from Matthew Kaho'ohanohano (Gardening Thoughts)



Matthew suggests that garden enthusiasts keep a journal that tracks your mahi'ai or gardening activities. In the journal, log the date and the moon phase, write down your observations of the weather, plant development, potential pest invasions, and other information that is important for your gardening.



Why should I use a journal?

It is important to keep a journal because ecological processes are complex and are usually unique to a specific place. Keeping your own journal enables you to track your hard work and observations. This can help determine what works best for you and your gardening practices.



Matthew Kaho'ohanohano is the facilitator of the Grow Your Own Lā'au program that aims to educate the community on propagation, cultivation, pest and disease, harvesting, agroforestry, and health properties of five local plants: kaukama, ko'oko'olau, 'olena, māmaki, and lūkini. For more information about upcoming Grow Your Own Lā'au classes, call us at (808) 969-9220.



La'au Lapa'au Workshop Saturday, November 17, 10:00AM-3:00PM Kohala Park, Intergenerational Room

Hui Mālama Ola Nā 'Ōiwi is holding one more La'au Lapa'au Workshop before Makahiki season. Po'okela Ikaika Dombrignes will share about ancient Hawaiian healing practices of La'au Lapa'au, Ho'oponopono, Lomilomi Ha Ha, and La'au Kahea.

Interested in learning more? Call the Hui Mālama Traditional Health team at (808) 969-9220. This is the last of the 2018 workshops with the next series launching March 2019.



Talk Story with Aunty Wanda Louis, RN



control what diseases we have, but we have a choice in how we deal with it. The point of caring for diabetes and hypertension is to spread awareness and knowledge about these diseases. This awareness brings empowerment which leads to a happy and healthy lifestyle.”

Join us for upcoming classes!

Keep an eye out for our schedule, flyers, and on-line updates with upcoming classes and locations! For more information, call us at (808) 969-9220.

Hui Mālama Ola Nā ‘Ōiwi offers health education classes throughout the year. Wanda Louis, RN and Community Health Coordinator for Hui Mālama is excited to share that the next series of classes will be in full-swing starting October, “We have made our classes more accessible for Hawai‘i island residents to attend with our quarterly rotating schedule of Hypertension, Diabetes Management, and Healthy Hāpai Prenatal classes available around the island.”

Hui Mālama offers these classes in an effort to address the high rates of hypertension, diabetes, obesity, and cancer seen in the state of Hawai‘i. Research done in the 1980s revealed that Hawaiians, as a general population, had the highest amount of chronic diseases like diabetes, heart disease, and obesity. This need for health improvement resulted in the Native Hawaiian Health Care Act of 1988 and the establishment of the Native Hawaiian Health Care Systems, with Hui Mālama Ola Nā ‘Ōiwi serving as the system for Hawai‘i island.

As a way to improve health, Hui Mālama has incorporated educational components that are geared and tailored towards our community needs, providing education through presentations, one-to-one counseling, and educational classes. Wanda shares, “We sometimes cannot



Expanded Food & Nutrition Education Program

North Hawai‘i: Wednesdays, 11/7 - 12/6



Healthy Hāpai Prenatal Program

Kona: Wednesdays, 9/26 - 10/31



Hypertension Classes*

Hilo: Thursdays, 10/11 - 10/25

Ka‘ū: Thursdays, 10/11 - 10/25

Kona: Tuesdays, 11/6 - 11/20



Diabetes Management Classes*

Puna: Wednesdays, 10/10 - 10/24

North Hawai‘i: Mondays, 10/15 - 10/25

*Diabetes Management and Hypertension class participants must have respective diagnosis to sign-up.

Ola Hou I Ka Hula Program

We are launching a new program at Hui Mālama Ola Nā 'Ōiwi! The Ola Hou I Ka Hula Program aims to help those with hypertension through hula and health education, with the goal of lowering blood pressure and improving overall health.



Classes are scheduled for one hour and consist of hula instruction led by Kumu Hula Lorie Lei Shirakawa along with hypertension education facilitated by Hui Mālama Ola Nā 'Ōiwi RN Wanda Louis.

Participants do not have to have a hypertension diagnosis, but this class is recommended for those that do to help lower blood pressure. Seats are limited to 25 participants. Call today to learn more and sign up. (808) 969-9220

Ola Hou I Ka Hula Program in Hilo

Mondays and Wednesdays,
5:00pm - 6:00pm
Hui Mālama office,
1438 Kilauea Ave
October 10, 15, 17, 22, 24, 29
November 5, 7, 14, 19, 26, 28



Breast Cancer Awareness

Did you know that one in eight women will be diagnosed with breast cancer in their lifetime? Although breast cancer is most commonly diagnosed in women, men can have breast cancer, too. Because of its prevalence in the United States, October is dedicated to raising awareness of breast cancer. Learn how to detect for breast cancer and reduce your risk by reading more below.

What is breast cancer?

Breast cancer is the out of control growth of cells in the breast tissue. These cells usually form a tumor that can be felt to the touch as a lump. Breast cancers are broadly categorized in two ways: invasive and noninvasive. Invasive breast cancers occur when the cancerous cells travel to other parts of the body. The dangerous part about the cancerous cells is when they begin to metastasize or spread to other parts of the body and form a new tumor. Noninvasive breast cancers involve the cancerous cells remaining in a particular location of the breast without spreading. Learn more about breast cancer by visiting www.cancer.org.

Early Detection

Self-Exams

Adult women at any age are recommended to conduct breast self-exams monthly. By doing this, women are familiar with the look and feel of their breasts and have an increased chance of finding lumps or noticing health concerns earlier. While finding a lump may be scary, the American

Cancer Society shares that most breast lumps are benign, but it is still crucial to get them checked by a healthcare professional.

Need more information on how to do a self-exam? Hui Mālama Ola Nā 'Ōiwi has breast cancer information for you. Come by the office for a free Aware Breast Self Exam kit today that has directions for doing a self-exam and also contains an Easy-to-Use Pad to help in your self-exam.



Breast Cancer Screenings

In addition to self-exams, it is recommended for women who are at average risk of breast cancer to start their yearly mammogram screenings between the ages of 40 and 44. For those at higher risk due to genetics, family history, and other contributing factors, your doctor may recommend to begin screenings at an earlier age. Please consult your doctor about your risk level and right screenings for you.

Prevention

Although some cancers cannot be prevented, you can still lower or manage your risk for some breast cancers by:

- *Eating healthily with plenty of fruits and vegetables*
- *Exercising and staying active*
- *Maintaining a healthy body weight*
- *Limiting or avoiding alcohol*

Treatment Options

Depending on the stage and characteristics of the cancerous tumor(s), treatment usually involves a combination of surgery, chemotherapy, radiation therapy, and/or hormone therapy. Speak with your doctor today about any health concerns you may have.

Support

Breast self-exams and regular screenings can play a key role in early detection of breast cancer. Being diagnosed with cancer of any kind is serious, but you don't have to deal with it alone. If you or someone you know is affected by cancer and want support, you can join our Mālama Ka Pili Pa'a cancer support group. We meet every second and fourth Tuesday of the month at 5:30PM in Hilo at our Hui Mālama office.

Presented By



IT'S NOT HOW FAST YOU GO.

5K

IT'S THE DIFFERENCE YOU MAKE.

Pink Out Color Run

Saturday 10.13.18 / Hilo, HI

7:30 A.M. Check In/ 8:30A.M. Start

Breast cancer is the most common cancer in women in Hawaii. Currently, the American Cancer Society is funding over \$62 million for breast cancer research grants to help improve treatment of breast cancer and prevent premature death.

Registration is \$30. Join today to help the American Cancer Society save lives from cancer

808.935.9763

<https://pinkout5keolorrun.ticketspice.com/pink-out-5k-color-run>

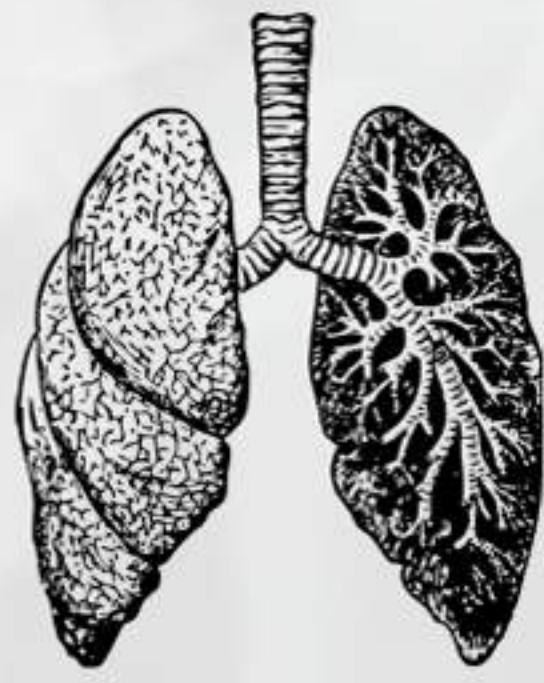
Beautiful Bra Contest

Come wearing your best & brightest pink attire.

Join the Beautiful Bra Contest for a chance to win fun prizes for the most decorated bras!



Tobacco Cessation Group Classes



Hui Mālama Ola Nā 'Ōiwi is happy to share a new collaboration with Bay Clinic, Inc. This November, we are pairing up to offer two Tobacco Cessation Group Classes on the island, one in Hilo and the other in Ka'ū.

Each class is a six-week course led by Bay Clinic facilitator Judy Beaver. Judy will be using the Breathe Free 2 program. Participants will meet one time a week for 1.5 to 2 hours in an effort to stop use of tobacco products.

According to the Centers for Disease Control and Prevention, many smokers become addicted to nicotine, a drug naturally found in tobacco. While quitting tobacco and nicotine is hard, the Tobacco Cessation program aims to support participants in their journey. The health benefits impact both users and those exposed to secondhand smoke. "Tobacco smoke contains a deadly mix of more than 7,000 chemicals; hundreds are harmful, and about 70 can cause cancer. Smoking increases the risk for serious health problems, many diseases, and death."

(Source: cdc.gov/tobacco)

Stopping smoking is associated with many health benefits including lower risk of cancer, heart disease, stroke, respiratory problems, and lung disease. For pregnant women that stop smoking during pregnancy, they lower their risk of having a low birth weight baby and other complications.

Interested participants can call Hui Mālama Ola Nā 'Ōiwi at (808) 969-9220 or Bay Clinic's Judy Beaver at (808) 965-3093 to sign up. Please note, you do not have to be a Bay Clinic patient. The program is open to all adults. Those under 18 must be accompanied by a parent for each class.

Tobacco Cessation class in Hilo

Location: Hui Mālama Ola Nā 'Ōiwi office, 1438 Kilauea Ave

Dates: November 2, 9, 16, 19, 30, and December 7

Time: 2:00-4:00pm

Tobacco Cessation class in Ka'ū

Location: Ka'ū District Gym

Dates: November 1, 8, 15, 20, 30, and December 6

Time: 9:00-10:30am



**Judy Beaver,
Tobacco Cessation
program facilitator**

Domestic Violence Awareness & Resources



What is domestic violence?

Domestic violence is “the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as a part of a systematic pattern of power and control perpetrated by one intimate partner against another. It includes physical violence, sexual violence, threats, and emotional abuse” (Source: www.ncadv.org). It is important to discuss domestic violence because of its prevalence in Hawai‘i. According to data highlights from a report released in 2010 by the Hawai‘i State Department of Health, about 12% of the general population have experienced domestic violence at some point in their lives. Alarmingly, 1 out of 16 women experience domestic violence around the time of their most recent pregnancy. And just as concerning, 1 out of 8 high school students have reported experiencing domestic violence. According to the National Coalition Against Domestic Violence, nationally, 1 in 3 women and 1 in 4 men will have experienced domestic physical violence. We can make a difference in ending domestic violence in Hawai‘i by raising awareness in our community, and among our family and friends.

If you or someone you know needs support, below is a list of some available resources on Hawai‘i Island.

East Hawai‘i Hale Ohana (Child & Family Services)
Services offered: Emergency Shelter, Advocacy, Counseling, DV Intervention
(808) 959-8864

West Hawai‘i Child & Family Services Shelter
Services offered: Emergency Shelter, Advocacy, Counseling, DV Intervention
(808) 322-7233

The Hawaii State Coalition Against Domestic Violence
Services offered: Advocacy, Counseling, DV Intervention, Resource Referral
(808) 832-9316, <http://www.hscadv.org/>

Domestic Violence Action Center
Services offered: Advocacy, Counseling, DV Intervention
<http://www.stoptheviolence.org/>
1-800-690-6200

National Domestic Violence Hotline
Services offered: 24-hour Counseling, DV Intervention, Resource Referral
1-800-799-SAFE (7233)

YWCA Sex Assault Crisis Hotline
Services offered: 24-hour Counseling, Medical Forensic Exam
(808) 935-0677

Suicide & Crisis Access Line
Services offered: 24-hour Counseling, Resource Referral
1-800-735-6879

YWCA hosts **Walk A Mile in Her Shoes**

On Saturday, October 27, 2018, men from across the island will join in alliance against rape, sexual assault and gender violence at the 9th Annual Walk A Mile in Her Shoes Event to help raise public awareness and in celebration of the many survivors in our Hawai‘i Island community.

For more than 40 years, the YWCA of Hawai‘i Island has provided sexual assault support services for victims and survivors - women, men, girls and boys ranging from age ninety to less than a year old. Free, island-wide services include a 24-Hour Sexual Assault Crisis Hotline (808) 935-0677, a Medical Forensic Exam Program and counseling support for the survivor and family members.

For more information or to make a contribution, contact Lorraine at the YWCA Hawai‘i Island at 935-7141 ext. 162. Learn more at www.ywcahawaiiisland.org

County of Hawai'i Nonprofit Grants

Hui Mālama Ola Nā 'Ōiwi is pleased to share our gratitude for seven 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.

\$5,925 toward underprivileged women's self-care, health, and wellness at the 18th Annual Ladies' Night Out event

\$7,800 for the Diabetes Program - Awareness, Prevention, & Management

\$5,050 toward E Mālama I Ke Olakino O Nā Keiki, a keiki fitness program focused on combating childhood obesity through traditional Hawaiian fitness

\$7,175 for prenatal education including the Healthy Hāpai course, new parent support group, and breastfeeding summit

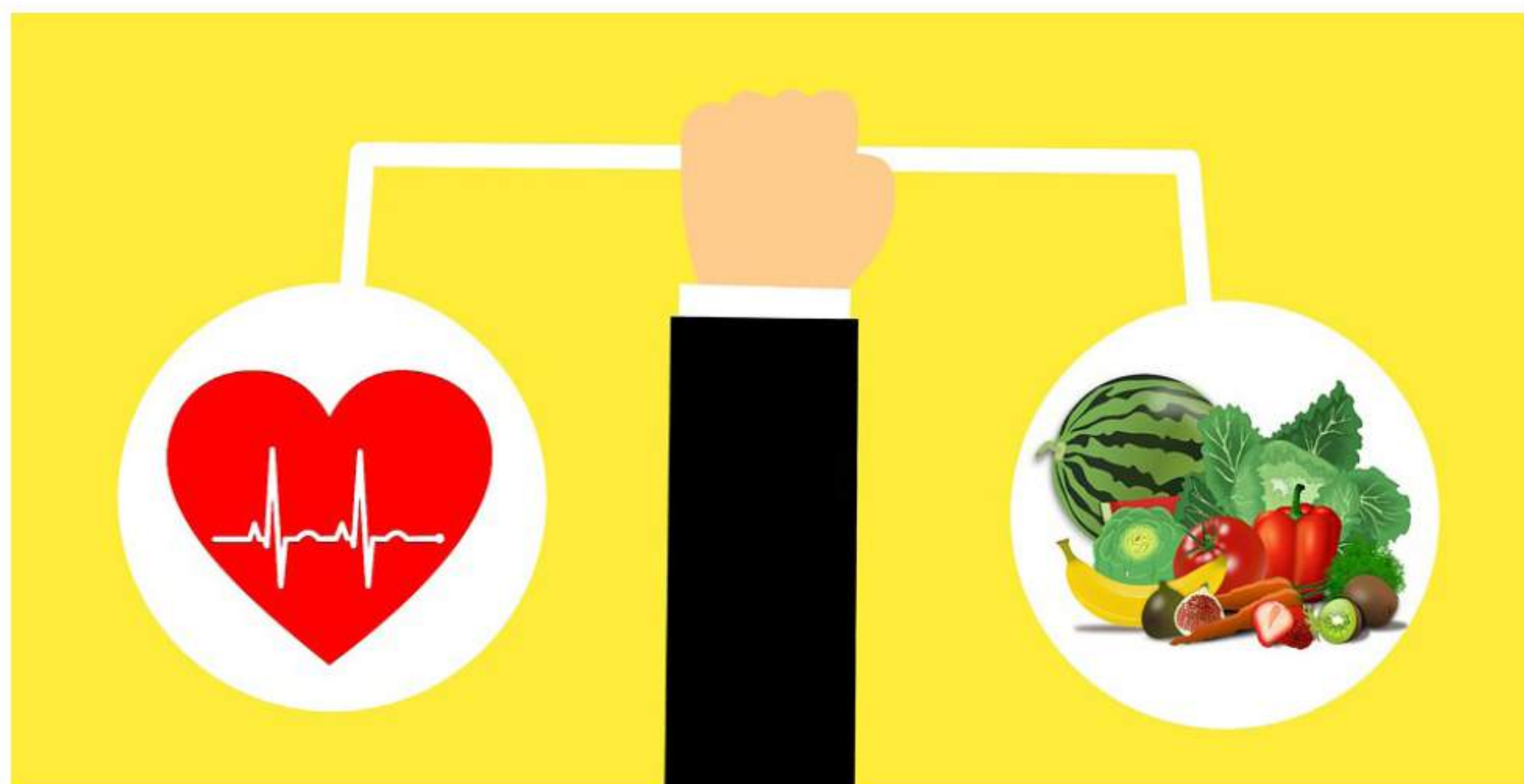
\$6,175 toward a Farm2Table Eat Da Rainbow program working with keiki and kūpuna

\$8,375 toward the Grow Your Own Lā'au Project aiming to educate the community on cultivation techniques of traditional healing plants for self-use and to reduce wild harvest

\$13,500 toward the Kōkua Hali Specialty Transportation services



Aunty's Health Message



Aloha mai kākou,

I am Aunty Edna and I want to expand our idea of being healthy. We tend to equate being healthy only to eating habits, when the reality is that anything that connects to how our body functions each moment from conception to birth and life thereafter is all very meaningful, important, and necessary.

While food plays a major role in how functionally healthy we are, there are many aspects of health we need to be aware of to really function healthy.



Proper nutrition through our food, regular physical activity, and stress management are all important aspects to health. Paying attention to one's body and taking care of ourselves is critical. This includes getting the proper health screenings at the recommended times. It is crucial to visit your doctor, dentist, and optometrist for routine check-ups and especially when you have a health concern.



October is Breast Cancer Awareness Month. Unfortunately, statistics show one in eight women will be diagnosed with breast cancer at sometime in their life.



I encourage all our women to do breast self-exams and screenings as recommended. I encourage our men as well to get their recommended screenings. A healthy preventative lifestyle and chance at early detection makes a big difference. Come talk story with us at Hui Mālama Ola Nā 'Ōiwi, working 27 years to help our Hawai'i Island be a healthy and happy place. Call us at 969-9220.



Hele mai, come see us... and tell them Aunty Edna sent you!

Hib Vaccine

The Hib disease, or the Haemophilus Influenzae Type b disease, usually affects children five years old and younger. This disease is caused by bacteria or germs that spread from person to person through being around an Hib carrier who sneezes or coughs. Symptoms of the Hib disease can include the following:

- pneumonia
- severe swelling in the throat, making it difficult to breathe; sore throat
- fever
- ear infections
- infections of the blood, joints, bones, and covering of the heart

The good news is that Hib disease is preventable! The Hib vaccines you can choose from include: Pentacel, ActHIB, Hiberix, and Pedvax-HIB. Depending on which brand of vaccine you select, children will either receive three or four doses. Doses of the vaccine are recommended at the following ages:

- First dose: 2 months old
- Second dose: 4 months old
- Third dose: 6 months old
- Final/Booster dose: 12-15 months old

Do you know if your child has received all recommended immunizations? Hui Mālama can help! Call (808) 969-9220 for information on vital vaccines.

Hui Mālama Ola Nā 'Ōiwi Immunization Program

- Does your child turn 3 years old between August 2018 and July 2019?
- Has he or she completed all 19 vaccinations?



Did you know if your child turns 3 years old between August 2018 & July 2019 AND completes their 19 immunizations, they can receive a **FREE** backpack or sleeping bag? Just submit their immunization card to our office in Hilo to pick your prize!

The 19 required immunizations include:

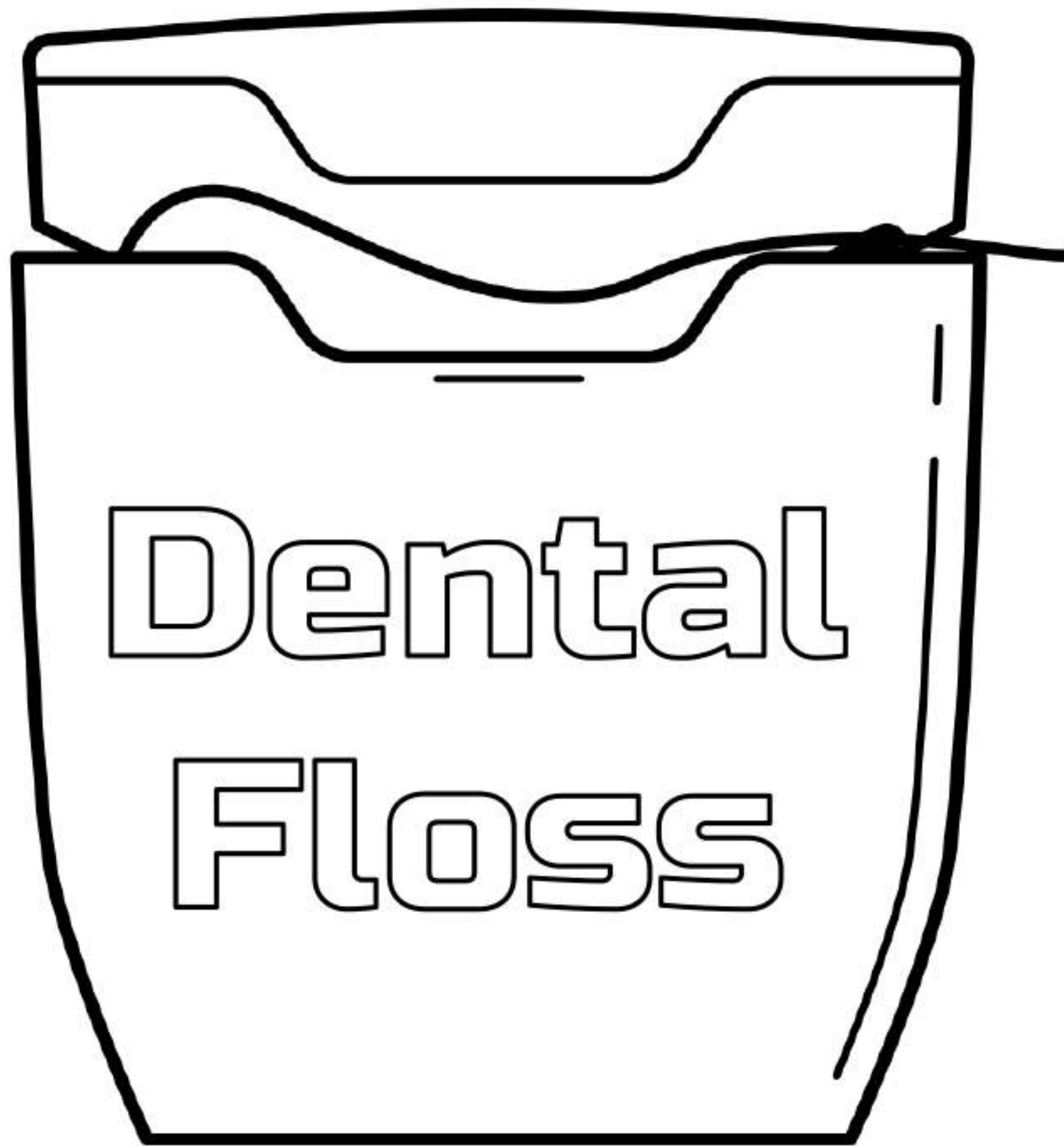
- DTP/DTap 1
- DTP/DTap 2
- DTP/DTap 3
- DTP/DTap 4
- IPV 1
- IPV 2
- IPV 3
- MMR
- Hib 1
- Hib 2
- Hib 3
- HepB 1
- HepB 2
- HepB 3
- VZV
- Pneumococcal 1
- Pneumococcal 2
- Pneumococcal 3
- Pneumococcal 4

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

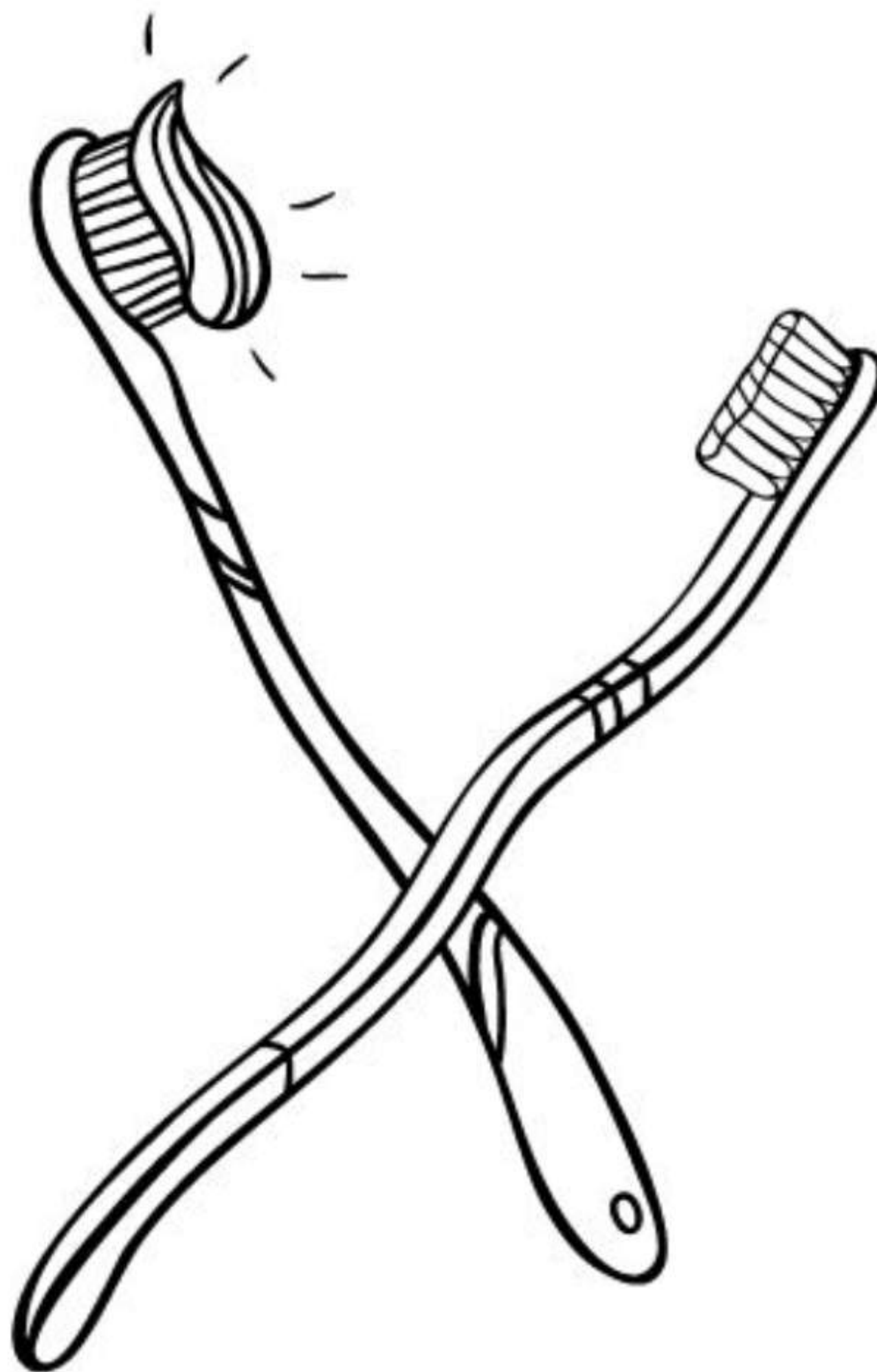


Keiki Coloring Corner

Did you know that October is **National Dental Hygiene Month**? Color in the images below and find out ways you can keep your teeth clean and healthy!



Use dental floss everyday to clean between each tooth.



Brush your teeth at least twice a day to protect against germs and bacteria.



Mouthwash can help kill bacteria and prevent against bad breath.





Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 5:30PM Zumba -Keaukaha</p>	<p>2 10:30AM Basic Stretch & Strengthening -Keaukaha 5PM Yoga -Keaukaha 5:30PM Diabetes Support Group -Hilo</p>	<p>3 9:30AM Basic Stretch & Strengthening -Na 'ālehu 5:30PM Zumba -Keaukaha</p>	<p>4 10:30AM Basic Stretch & Strengthening -Keaukaha 5PM Yoga -Keaukaha</p>	<p>5</p>
<p>8 OFFICE CLOSED</p>	<p>9 10:30AM Basic Stretch & Strengthening -Keaukaha 5PM Yoga -Keaukaha 5:30PM Cancer Support Group -Hilo</p>	<p>10 9AM Diabetes Class -Puna 9:30AM Basic Stretch & Strengthening -Na 'ālehu 5PM Ola Hou I Ka Hula -Hilo 5:30PM Zumba -Keaukaha</p>	<p>11 10:30AM Basic Stretch & Strengthening -Keaukaha 5PM Hypertension Class -Ka 'ū 5PM Hypertension Class -Hilo 5PM Yoga -Keaukaha</p>	<p>12 10AM Zumba -Hilo</p>
<p>15 5PM Ola Hou I Ka Hula -Hilo 5PM Diabetes Class -Waimea 5:30PM Zumba -Keaukaha</p>	<p>16 10:30AM Basic Stretch & Strengthening -Keaukaha 1PM Diabetes Support Group -Hilo 5PM Yoga -Keaukaha</p>	<p>17 9AM Diabetes Class -Puna 5PM Ola Hou I Ka Hula -Hilo 5:30PM Zumba -Keaukaha</p>	<p>18 10:30AM Basic Stretch & Strengthening -Keaukaha 5PM Hypertension Class -Ka 'ū 5PM Hypertension Class -Hilo 5PM Yoga -Keaukaha</p>	<p>19</p>
<p>22 10AM Healthy Hāpai -Hilo 5PM Ola Hou I Ka Hula -Hilo 5PM Diabetes Class -Waimea 5:30PM Zumba -Keaukaha</p>	<p>23 10:30AM Basic Stretch & Strengthening -Keaukaha 5PM Yoga -Keaukaha 5:30PM Cancer Support Group -Hilo</p>	<p>24 9AM Diabetes Class -Puna 9:30AM Basic Stretch & Strengthening -Na 'ālehu 5PM Ola Hou I Ka Hula -Hilo</p>	<p>25 10:30AM Basic Stretch & Strengthening -Keaukaha 5PM Hypertension Class -Ka 'ū 5PM Hypertension Class -Hilo 5PM Yoga -Keaukaha</p>	<p>26 10AM Zumba -Hilo</p>
<p>29 10AM Healthy Hāpai -Hilo 5PM Ola Hou I Ka Hula -Hilo 5PM Diabetes Class -Waimea 5:30PM Zumba -Keaukaha</p>	<p>30 10:30AM Basic Stretch & Strengthening -Keaukaha 5PM Yoga -Keaukaha</p>	<p>31 9:30AM Basic Stretch & Strengthening -Na 'ālehu 5PM Ola Hou I Ka Hula -Hilo</p>	<p>*CLASS SIGN-UP: Most classes offered are 3-weeks long (one session a week). Please call or visit us online to sign up.</p> <p>1438 Kīlauea Ave, Hilo (808) 969-9220 HMONO.org</p> <p>Live Longer & Feel Better, Together!</p>	