

April
'Apelila 2019



Olakino

Newsletter

Stress Strategies

*Improve Your Health by
Managing and Reducing Stress*

Look inside for:

- *Free tobacco cessation class details*
- *Mindful eating and diabetes*
- *How physical activity can help with hypertension*

A message from our Board of Directors

Aloha kākou,

The Merrie Monarch Festival is a time that shows that Hawai'i is truly a place unlike anywhere else. Our values and qualities of the indigenous language and culture are shared with the world. Hawai'i is the foundation of our learning. We are rooted in Hawai'i and become a reflection of this special place. Our responsibilities of belonging, aloha, excellence, breath, live in ourselves as Hawaiians and the newcomers to our island. The Merrie Monarch Festival brings that back to our island. I hope each of you enjoys this special season of aloha.

Hui Mālama Ola Nā 'Ōiwi is a place for healing. Our community is in need of healthcare, so here we are with the opening of a new Family Medicine Clinic in Hilo. Please use it if you need. Our doors are open and our staff are there to help our people.

Mahalo nui loa,
Mabel De Silva - Chair



A message from our Executive Director

Aloha mai kākou,

Each month, I visit various health events and programs, and each month, I see far more wāhine in attendance than men. For Hui Mālama Ola Nā 'Ōiwi services specifically, there are double the number of women registered than men to use the available free health services.

With our island's high rates of diabetes and hypertension, it is important that we all, including men, focus on preventative measures for good health as well as management of health conditions.

Attention kāne. This part of the message is directed at you. I am wondering why you, our kāne, are not here with us. I understand that there are plenty of other things you need to do, but what is more important than your health? I have shared in months past about how my regular visits to the doctor have made a significant difference in my health. At one point, I had a cancer scare, but it was caught early and treatment was simpler. If I had not visited the doctor for recommended screenings, it may have been caught later and been much worse. Many of my friends tell me, "I feel fine," but you should still do your health screenings. Early detection of issues makes a big difference.

I also want to share a powerful story from my cousin. He was sick with diabetes, bedridden, sores on his legs, and in very poor health. The doctor explained that if he did not make changes, he was going to die. That was a wakeup call for my cousin. He prayed and realized he could do something. He made some drastic changes including eating better, exercising regularly, and re-prioritizing things in his life. He realized that he needed to do this for himself and also his family. What would they do without him? Today, he is living a healthy life and maintaining healthy habits.

It is not too late to take charge of your health. Do your screenings, get your blood sugar and blood pressure checked, and live a healthy lifestyle with good nutrition and physical activity. And ask questions when you have them! Don't be shame. We are all constantly learning in our health journeys.

We will be holding a Kāne Program next year. If you want to get involved, come talk story with me. Let's get our kāne involved and healthy.

Mahalo nui loa,
Louis Hao - Executive Director



Hui Mālama Ola Nā 'Ōiwi
Hawai'i Island Health Care System

Live Longer & Feel Better, Together

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Facebook: /HMONO.org

Instagram: hui_malama_

Join us today!

Visit HMONO.org/register to sign up as a client for our health education programs.

Visit HMONO.org/family-medicine for information on becoming a patient at our Family Medicine Clinic.

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

What's Happening Around Hawai'i Island?

Diabetes Support Group

Tuesday, April 2
5:30pm-7:00pm
Hui Mālama Office

Tuesday, April 16
1:00pm-2:30pm
Hui Mālama Office

Cancer Support Group

Tuesdays, April 9 & 23
5:30pm-7:30pm
Hui Mālama Office

Exercise & Fitness

Basic Stretch & Strengthening in Hilo

Tuesdays & Thursdays
10:30am-11:30am
Malia Puka O Kalani Church Gym
in Keaukaha

Basic Stretch & Strengthening in Ka'ū

Wednesdays, April 3, 10, 17
9:30am-10:30am
Nā'ālehu Community Center

Fridays, April 5, 12, 26

9:30am-10:30am
Pāhala Hawai'i County Nutrition
Center

Zumba

Fridays, April 12 & 26
10:00am-11:00am
Hui Mālama Office

Mondays & Wednesdays

5:30pm-6:30pm
Malia Puka O Kalani Church Gym

Therapeutic Yoga

Tuesdays & Thursdays
5:00pm-6:00pm
Malia Puka O Kalani Church Gym

SCHEDULE OF CLASSES			
	APRIL	MAY	JUNE
HILO			
DIABETES MANAGEMENT		Thurs 5/2 - 5/16	
HEALTHY HĀPAI		Thurs 5/2 - 6/6	
OLA HOU I KA HULA HYPERTENSION	Mon & Wed 3/11 - 5/22		
TOBACCO CESSATION	Thurs 4/11 - 5/16		
KA'Ū			
DIABETES MANAGEMENT		Mon 5/6 - 5/20	
HYPERTENSION	Mon 4/8 - 4/22		Mon 6/4 - 6/25
KONA			
DIABETES MANAGEMENT			Tues 6/18 - 7/2
HYPERTENSION	Tues 4/9 - 4/23		Tues 6/12 - 6/26
HEALTHY HĀPAI		Wed 5/1 - 6/5	
NORTH HAWAI'I			
DIABETES MANAGEMENT			Mon 6/3 - 6/17
HYPERTENSION	Mon 4/8 - 4/22		
HEALTHY HĀPAI		Wed 5/1 - 6/5	
Schedule subject to change. To sign-up, please call or visit us online today! hmono.org/classes			

Visit our website for the most up-to-date event and class schedule! hmono.org/events

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

Zumba class participants team up with Instructor Keanne every Monday and Wednesday in Keaukaha to get a full-body workout and have fun! On February 27, the zumba class posed for a picture after celebrating a participant's Lā Hānau.



Lā'au Lapa'au Workshop

Participants had fun activating pressure points to reduce stress and pain at our first Lā'au Lapa'au Workshop of the year on March 9 in Hilo. For upcoming workshop dates, see page 5.



UH-Hilo Relay for Life

Cancer survivors, patients, and supporters joined Mālama Ka Pili Pa'a in celebrating UH Hilo's Relay for Life on March 8.

Save the Date for next month's cancer support event! Join us for gentle yoga and talk story with other cancer warriors, caregivers, and supporters.



YOGA ON THE BEACH CANCER SUPPORT EVENT

Sunday, May 19th
9:00am - 11:00am
Hale Hālāwai Park
75-5760 Ali'i Dr.
Kailua-Kona, HI 96740

Hui Mālama
Ola Nā 'Ōiwi

KONA
COMMUNITY HOSPITAL



This event is supported by an Agreement from Papa Ola Lokahi with funds provided by Safeway Foundation.

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

**CURRENTLY
ACCEPTING
NEW PATIENTS**

**HUI MĀLAMA OLA NĀ 'ŌIWI
FAMILY MEDICINE CLINIC**

**Family Medicine
Behavioral Health
Nutrition Counseling
Diabetes Education**

73 Pu'uhonu Place, Suite 101
Hilo, Hawaii 96720
Phone: (808) 796-3125
Fax: (808) 796-3128

Insurance information:

Below is a list of insurance that we will be accepting.

Medicare	HMAA	MDX
HMSA	Medicaid	UHC
Alohacare	Ohana	Triwest
HHFS	UHA	

New Patient Registration

New Patient Registration packets are available at the Family Medicine Clinic in Hilo. Packets are also available online at

www.HMONO.org/family-medicine



PROVIDERS



Stacy Haumea
DBH, RDN, CDE



Gaku Yamaguchi
MD



Ka'ohimanu Dang Akiona
MD



Donna Dennerlein
LCSW



Ikaika Moreno
MSN, NP-C



Preserving Tradition

On March 9, 94 community members gathered for the first Lā'au Lapa'au workshop of the year at Auntie Sally's Lū'au Hale in Hilo. The workshops focus on ancient Hawaiian healing practices including: Lā'au Lapa'au, Ho'oponopono, Lomilomi Ha Ha, and Lā'au Kahea. The workshops are one of the services provided by the Hui Mālama Ola Nā 'Ōiwi Traditional Health Program that aims to share about traditional kanaka maoli lapa'au.



Po'okela Ikaika demonstrating energy healing on a volunteer

Why is tradition important?

Lā'au Lapa'au workshops and classes are presented by Po'okela Ikaika Dombrigues who was trained in the ancient ways of lā'au on a sacred Heiau in I'ota'e, Kāne'ohe and on Hawai'i island by Kahuna Nui O Pali Tu Sam H. Lono.

When asked about the meaning of tradition, Po'okela Ikaika says, "Culture is our foundation." Culture and tradition teach us about identity, which is "the grassroots of who we are as kanaka maoli." Tradition teaches us to provide not only for our body, but also for our mind, spirit, lands, and communities.

Po'okela Ikaika explains that in traditional Hawaiian communities, individuals maintain their bodily and spiritual health because every person has a role and

every person is needed. When individuals are healthy, the communities are healthy. As he says, "Hawaiians had a knowledge beyond modern science." He uses his 'ike to help people reconnect to that knowledge and tradition. There are four more workshops scheduled through July.



**Hui Mālama
Ola Nā 'Ōiwi**

**2019
FREE
ISLAND-WIDE
HAWAIIAN TRADITIONAL
LA'AU LAPA'AU WORKSHOPS**

Presented by Po'okela Ikaika Dombrigues
"Ho'omana Ke Ola Na Kanaka 'Oiwī"

**HO'OPONOPONO • LA'AU LAPA'AU
LOMILOMI HA HA • LA'AU KAHEA**



WAIMEA - Saturday, April 6, 2019
Waimea Park Community Center • 10am - 3pm

KONA - Saturday, May 4, 2019
Old Kona Airport Special Events Pavilion • 10am - 3pm



KA'Ū - Saturday, June 1, 2019
Ka'ū District Gym • 10am - 3pm

PUNA - Saturday, July 13, 2019
Pāhoa Gym Patio Area • 9am - 3pm

Light refreshments provided. Please bring your lunch.

Support Provided by: Health Resources & Services Administration  Support provided by Hawai'i Tourism through the Kūkulu Ola Program

To sign-up or learn more, contact us today!

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Mindful Eating, Diabetes, and Lāhui

What is mindfulness?

Mindfulness is an awareness or state of consciousness that occurs by intentionally focusing on the present moment without judgement. Through mindfulness, one can observe internal thoughts and feelings without reacting automatically in habitual patterns. Mindfulness approaches allow an individual to respond to their thoughts, needs, and feelings more reflectively rather than reflexively.

What is mindful eating?

By applying practices of mindfulness to eating habits, individuals may be able to interrupt automatic eating or emotional triggers. Mindful eating can also include interrupting negative judgement about food, weight, and self. These practices empower individuals to be aware of the foods they want, fully enjoy the foods they eat, and eat based on their hunger level.

How can mindful eating help with diabetes?

Research shows that mindful eating can greatly improve A1C (average blood glucose over the past three months). It also improves how people with diabetes self-monitor and self-reflect on food intake, physical activity, and glucose levels. In other words, mindful eating habits can help individuals better understand their body, mind, and habits without judgement. Mindful eating for diabetes and other diseases is most effective when incorporating meditation and bodily awareness, such as breathing exercises or yoga (see page 2 for free yoga classes). Becoming mindful and aware doesn't occur overnight, but instead develops over time with regular practice.

How does this fit in our cultural context in Hawai'i?

Native Hawaiians, like many indigenous populations, traditionally cherish food preparation, consumption, and sharing. In old Hawai'i, people were mindful to prepare and eat food between early morning hours and sunset. Traditionally, Native Hawaiians have been particularly mindful about eating for strength, sharing food, avoiding overeating, and saving large portions of meat for special occasions.

Today, one in eight Hawai'i adults are affected by diabetes, and Native Hawaiians are at higher risk for diabetes. Many cultural practitioners today call for a return to food tradition, mindful eating and other mindfulness approaches (‘āina sustainability), for the prosperity of our lāhui.

Try it!

If you haven't done it yet, give mindfulness a try and see if it helps improve your health habits!

For more information on Mindful Eating and Diabetes, visit spectrum.diabetesjournals.org

Learning to manage your diabetes? Sign-up for the Hui Mālama Ola Nā 'Ōiwi **Diabetes Management Classes**. Classes are free and open to those with a diabetes diagnosis.

Upcoming Diabetes Management Classes

Hilo: Thursdays, May 2 - May 16

Ka'ū: Mondays, May 6 - May 20

North Hawai'i: Mondays, June 3 - June 17

Kona: Tuesdays, June 18 - July 2

Stress Strategies

Improve Your Health by Managing and Reducing Stress



“I’m stressed.” These two simple words are spoken regularly, but are you aware of the impact on your health when stressed?

Stress is a natural reaction that your body has to different situations. Stress is not always bad. In fact, your body helps you react to stimulating situations in a way meant to protect you. When you feel threatened, a chemical reaction occurs, prompting you to react by either fighting or fleeing to safety. Your heart rate increases, breathing quickens, muscles tighten, and blood pressure rises. This stress response is commonly known as “fight-or-flight” and is essential to survival.



Stress in small doses is generally okay for your health. However, our bodies are not meant to endure constant stress. If not managed intentionally, modern day stresses of work, money pressures, family obligations, and more can result in ongoing chronic stress. This is what can lead to health issues. Stress can also have a quick onset in response to a traumatic event.

When your body is under chronic stress, the “fight-or-flight” responses meant to help you can actually negatively affect your sleep, digestive system, immune system, and reproductive systems. Chronic stress can show in various ways and is different for each person.

Common Physical Effects

- Headaches
- Aches and muscle tension
- Chest pain
- Fatigue
- Upset stomach
- Sleep problems
- Low energy
- Frequent colds and infections
- Change in sexual drive and/or ability

Common Emotional Effects

- Anxiety
- Lack of motivation or focus
- Becoming easily agitated, frustrated, and moody
- Feeling overwhelmed
- Having difficulty relaxing
- Feeling depressed

Common Behavioral Effects

- Procrastinating and avoiding responsibilities
- Increased use of alcohol, drugs, or cigarettes
- Changes in appetite, overeating or undereating
- Angry outbursts
- Social withdrawal
- Changes in exercise routine

Ongoing chronic stress can result in serious health problems, such as heart disease, high blood pressure, and diabetes, as well as mental health concerns like depression or anxiety. It can also result in complications for preexisting health conditions. For example, for those with diabetes, your blood sugar levels can rise. For those with hypertension, your

blood pressure numbers may spike. While there will always be obstacles and challenges that may result in stress, it is crucial that we learn to cope in a healthy manner.

Identify Stressors: What's causing you to feel stressed? When stressed, write down (or keep a log in your phone) of the cause and your reaction. When you know what triggers you, you can set a plan to address it in the future. Addressing stress can include being mindful of your response when you encounter the situation, asking for support from others as needed, and/or removing certain stressors from your life when possible.

Recognize the Signs: Note how you respond to stress. Are you easily angered, feeling depressed, having difficulty sleeping, or increasing your alcohol and substance use?

Surround Yourself with Support: Know which people in your life can provide support. When needed, reach out to friends, family, and community for help. This can be a simple enjoyable talk story, or you may need to process some thoughts and get feedback. Either way, know who you can turn to for support.



Be Physically Active: Exercise can help lower stress and boost endorphins, lifting your mood. It is recommended to exercise for 30 minutes a day, five times a week. Even stretching and breathing deeply can improve body circulation and lower stress.

Eat Healthy: When stressed, eating habits can change. Are you eating enough or are you overeating? Be mindful of foods you consume and the impact on

your body and mood.

Get Enough Sleep: Sleep and rest are key to rejuvenating your body. Restful sleep can be improved by avoiding phone use or TV time directly before bed and reducing caffeine intake.



Know Your Stress Relief Activities: Know what healthy activities help reduce your stress. This might include art, time at the beach, or walking your dog. It's different for everybody, but having that "you time" to relax is important!

Ask for Help: If you're feeling depressed or continually overwhelmed, it may be good for you to see a licensed mental health professional. They can help you with stress management, appropriate responses, and developing an action plan for healthy improvement.

National Suicide Prevention Lifeline
If you or a loved one is having thoughts of suicide, call the toll-free National Suicide Prevention Lifeline ([suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org)) at 1-800-273-TALK (8255), available 24 hours a day, 7 days a week. The service is available to anyone. All calls are confidential.

Contact the Hui Mālama Ola Nā 'Ōiwi Family Medicine Clinic to learn more about our Behavioral Health Services with provider Donna Dennerlein, LCSW. (808) 796-3125. See page 4 for more details.



Hui Mālama Ola Nā 'Ōiwi

Healthy Hāpai

This **FREE** 5-week program offers:

Pregnancy • Childbirth • New Baby Care • Breastfeeding • Postpartum Care • Positive Parenting Education for expecting families!

Kona:

Wednesdays, May 1 - June 5
9:00am - 11:00am

North Hawai'i:

Wednesdays, May 1 - June 5
3:00pm - 5:00pm

Hilo:

Thursdays, May 5 - June 6
10:00am - 12:00pm

Space is limited. Please call our office at
(808) 969-9220 for more information or to sign up today!



Presented by:

Leila Ryusaki

Healthy Hāpai
Coordinator,
Childbirth Educator,
Certified Lactation
Counselor



Receive a **FREE Keepsake
Pregnancy Journal & Calendar**
for joining and something
SPECIAL FOR YOUR BABY when
you attend all classes!

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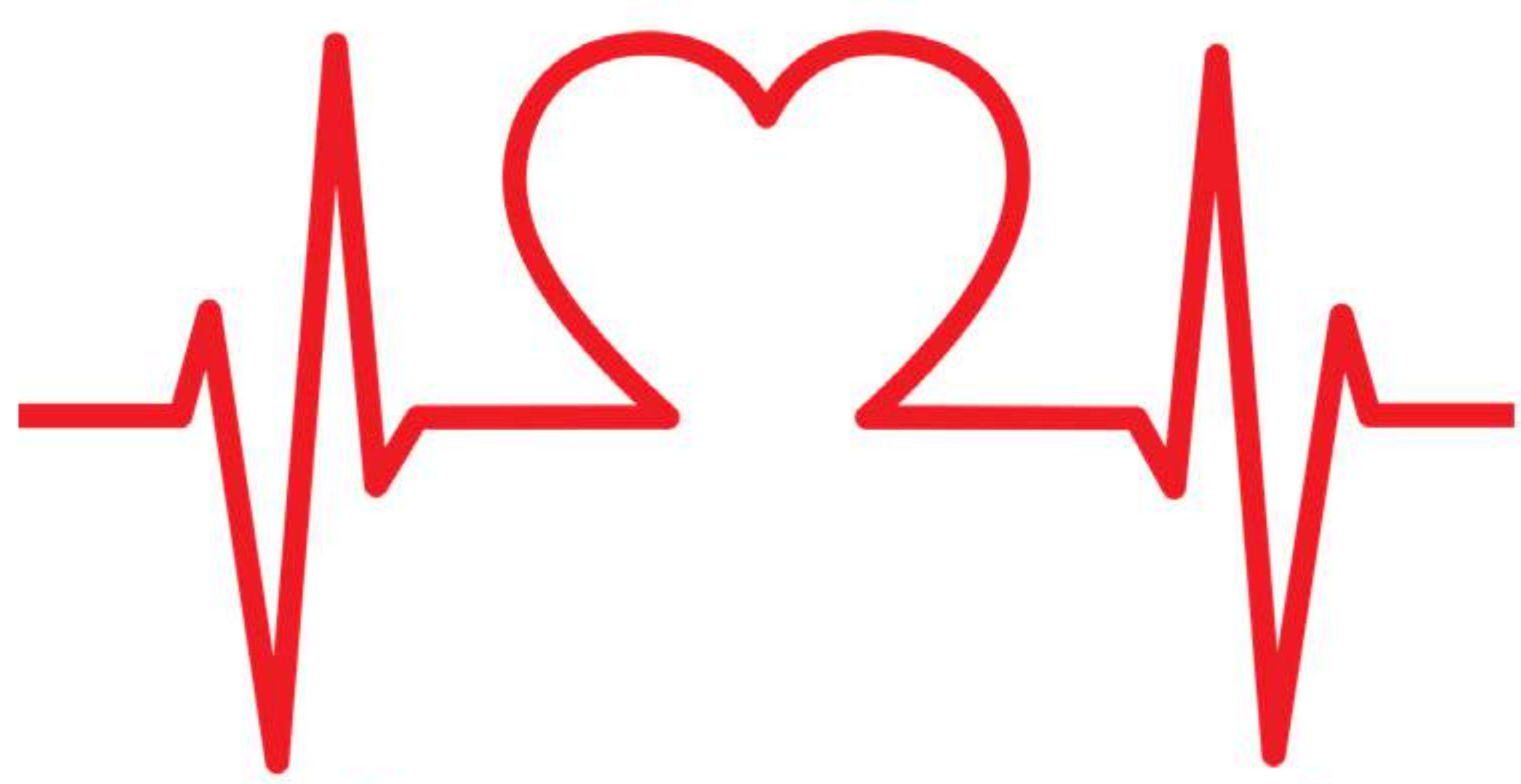
Health Resources
and Services
Administration

To sign-up or learn more, contact us today!

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/HMONO.org

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Getting Active to Manage Hypertension

Regular physical activity greatly benefits your overall health by improving circulation, mobility, heart health, and mental health. Research proves that it's also one of the most important lifestyle changes to prevent and manage hypertension, a condition that affects nearly 30% of adults in Hawai'i. The heart is a muscle and regular physical activity strengthens it so that your heart can pump more blood with less effort. When your heart is pumping with less effort, it puts less stress on your arteries, reducing your blood pressure. To get active and healthy, the American Heart Association (heart.org) recommends taking the following steps:

1. Find something you like!

Physical activity doesn't mean you have to lift weights and run marathons if you don't like it. When you find activities you enjoy, they will be more sustainable for you. Hawai'i nei has endless outdoor and indoor activities with varied levels of intensity you can choose from.



2. Add variety

Having a variety of physical activity helps you stay interested and motivated. Furthermore, it's important to do activities that strengthen and stretch different parts of your body. This can prevent injury and promote overall mobility.

3. Be mindful of your physical limits

Stay in-tune with your body to know your abilities and limits. Exercising to the point of injury can cause you to be physically inactive longer and cause further health problems. Doctors suggest focusing on activities that raise your heart rate to a moderate level.

4. Make it social

Consider getting your friends, family, or neighbors involved. They can keep you motivated (or vice versa) and they can also be there to share and celebrate milestones together.

5. Warm up and cool down

Warming up before and cooling down after activity are vital for your heart to move gradually between rest and activity. Your warm-up should be 10 minutes or more. To prevent injury and cramping, never skip your post-activity stretch and cool down.



Hui Mālama Ola Nā 'Ōiwi Hypertension Resources

Upcoming Hypertension Classes

North Hawai'i: Mondays, April 8 - 22

Ka'ū: Mondays, April 8 - 22

Kona: Tuesdays, April 9 - 23

Ka'ū: Mondays, June 4 - 25

Kona: Tuesdays, June 12 - 26



Upcoming Fitness Classes

We invite you to our free Fitness & Exercise classes. Visit page 2 to see our schedule of classes.

Tobacco Cessation

It's never too late to quit tobacco!

HILO Tobacco Cessation class

Where: Hui Mālama office, 1438 Kīlauea Ave

Dates: Thursdays, April 11 - May 16

Time: 2:00pm - 4:00pm

Cost: Free



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.



**Hui Mālama
Ola Nā 'Ōiwi**



BAY CLINIC, INC.
NETWORK OF FAMILY HEALTH CENTERS

Interested? Call Leenal to sign-up today!

(808) 969-9220 • HMONO.org

f /HMONO.org

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Aloha mai kākou,

I am Aunty Edna and today I want to discuss mental health. We often talk about physical health like proper nutrition and enough physical activity. But, just as important, is your mental well-being.

Mental health includes our emotional, psychological, and social well-being. It is important at every stage of life, from keiki to kūpuna. How do you feel? How do you handle stress? How do you connect with others?

To take care of your mind and mental health, there are key things you should do including reducing stress in your life, getting enough sleep, building a good social support circle, developing coping skills, and having positive outlets.

Some warning signs that your mental health is not at its healthiest can include:

- Isolating yourself from people and your favorite activities
- Changes in eating and sleeping habits

- Feeling sad or hopeless
- Using smoking, drinking, or drugs to feel better
- Feeling unusually irritable, angry, or worried
- Thinking of harming yourself or others

For many, discussing health concerns can feel odd. But, it is so important to have conversations about both physical and mental health. If you are concerned about a family member or friend, talk to them. Similarly, if you don't feel at your best and you need support, ask for help.



Maintaining good health is a constant effort and having a circle of support can help whether that's a team of great doctors, close family and friends, and access to educational resources to help you learn how to be your healthiest.

Want to talk story? Come see 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!**



Inactivated Polio Vaccine (IPV)

Polio is a virus-based disease that is spread through contact with the stool (feces) of an infected person or droplets from a sneeze or cough. This can include spread of the disease by eating food or drinks that contain trace amounts of feces from an infected person. While there is currently no cure for polio, the disease can be prevented by a series of vaccinations called the Inactivated Polio Vaccine (IPV). Recommended vaccination schedule for IPV includes 4 vaccinations at the following ages:

- 2 months old
- 4 months old
- 6 to 18 months
- 4 to 6 years old

If an adult has missed the vaccination series as a child, they are still able to receive the IPV series. While the United States has been polio-free for more than 30 years, the disease still occurs in other countries and can be reintroduced to the U.S. Polio is taken seriously because of its debilitating and pervasive nature. While many who contract polio do not show symptoms, when symptoms do show, they can be severe including paralysis in arms and legs, resulting in permanent disability. Learn more about polio and the Inactivated Polio Vaccine at www.cdc.gov.

Hui Mālama Ola Nā 'Ōiwi Immunization Program

- Does your child turn 2 years old between August 2018 and July 2019?
- Has he or she completed all vaccinations?

Did you know if your child turns 2 years old between August 2018 & July 2019 AND completes their required 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 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
- Hep A
- HepB 1
- HepB 2
- HepB 3
- VZV
- Pneumococcal 1
- Pneumococcal 2
- Pneumococcal 3
- Pneumococcal 4
- RV1 or RV5

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



Keiki Coloring Corner

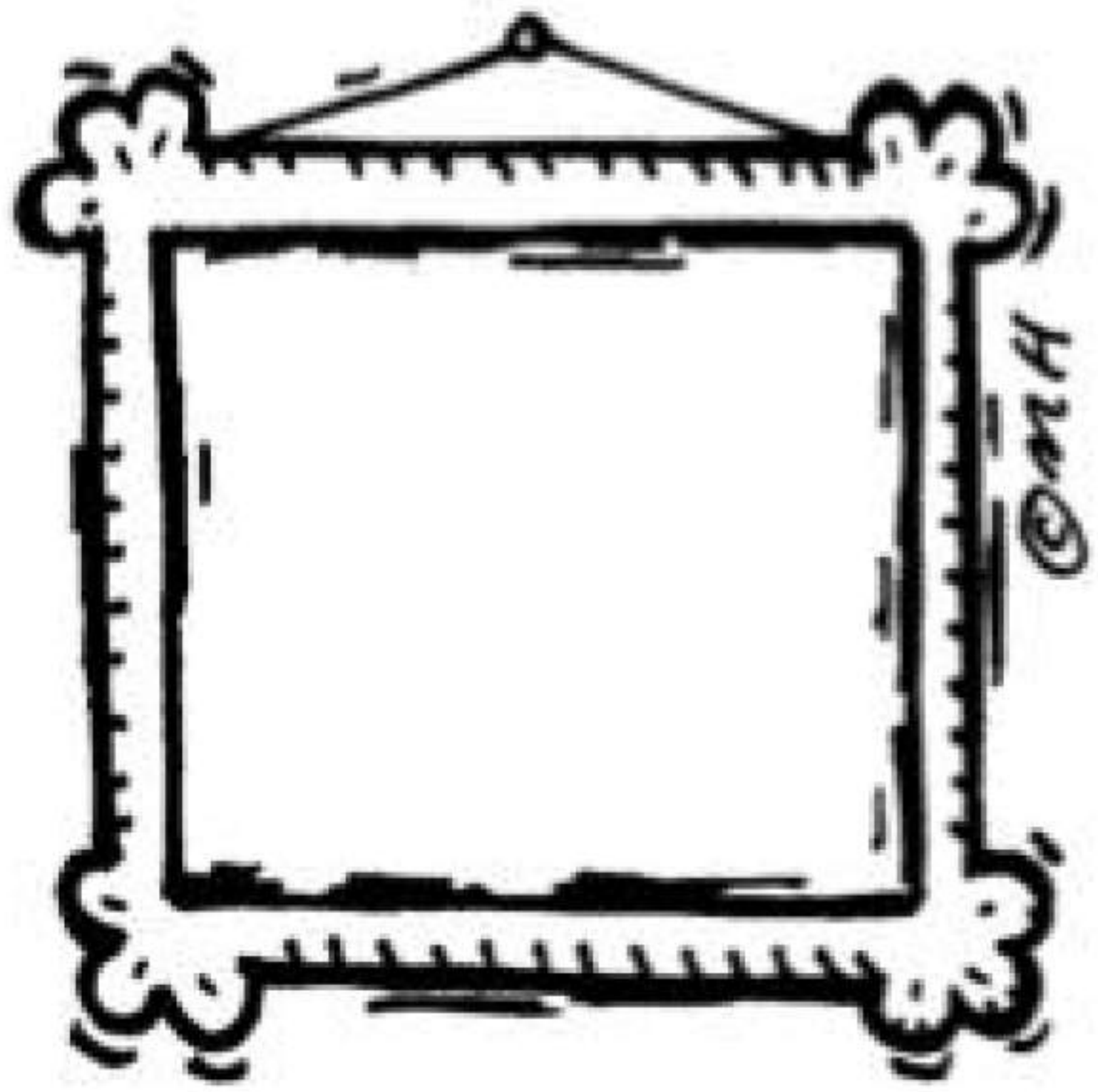
In April, we celebrate World Health Day on April 7! Health includes how we feel mentally and emotionally. We have many feelings every day.

Color all the keiki and match them to how they are feeling.
Then complete the activity at the bottom!



Happy Confused Angry Worried Sad Proud

Draw yourself:



Today, I feel _____.

Three things that make me feel happy are:

- 1.
- 2.
- 3.



Hui Mālama Ola Nā 'Ōiwi

April 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 *5:30PM Hula Hypertension -Hilo 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 -Nā 'ālehu *5:30PM Hula Hypertension -Hilo 5:30PM Zumba -Keaukaha</p>	<p>4 10:30AM Basic Stretch & Strengthening -Keaukaha 5PM Yoga -Keaukaha</p>	<p>5 9:30AM Basic Stretch & Strengthening -Pāhala</p>	<p>6 10AM Lā'au Lapa'au Workshop -Waimea</p>
<p>8 *4:30PM Hypertension Class -Waimea *5PM Hypertension Class -Ka'ū *5:30PM Hula Hypertension -Hilo 5:30PM Zumba -Keaukaha</p>	<p>9 10:30AM Basic Stretch & Strengthening -Keaukaha *4:30PM Hypertension Class -Kona 5PM Yoga -Keaukaha 5:30PM Cancer Support Group -Hilo</p>	<p>10 9:30AM Basic Stretch & Strengthening -Nā 'ālehu *5:30PM Hula Hypertension -Hilo 5:30PM Zumba -Keaukaha</p>	<p>11 10:30AM Basic Stretch & Strengthening -Keaukaha *2PM Tobacco Cessation Class -Hilo 5PM Yoga -Keaukaha</p>	<p>12 9:30AM Basic Stretch & Strengthening -Pāhala 10AM Zumba -Hilo</p>	<p>13 *9AM Lā'au Lapa'au Class -Waimea</p>
<p>15 *4:30PM Hypertension Class -Waimea *5PM Hypertension Class -Ka'ū *5:30PM Hula Hypertension -Hilo 5:30PM Zumba -Keaukaha</p>	<p>16 10:30AM Basic Stretch & Strengthening -Keaukaha *4:30PM Hypertension Class -Kona 5PM Yoga -Keaukaha 1PM Diabetes Support Group -Hilo</p>	<p>17 9:30AM Basic Stretch & Strengthening -Nā 'ālehu *5:30PM Hula Hypertension -Hilo 5:30PM Zumba -Keaukaha</p>	<p>18 10:30AM Basic Stretch & Strengthening -Keaukaha *2PM Tobacco Cessation Class -Hilo 5PM Yoga -Keaukaha</p>	<p>19 OFFICE CLOSED Good Friday</p>	<p>20 *9AM Lā'au Lapa'au Class -Waimea</p>
<p>22 *4:30PM Hypertension Class -Waimea *5PM Hypertension Class -Ka'ū *5:30PM Hula Hypertension -Hilo 5:30PM Zumba -Keaukaha</p>	<p>23 10:30AM Basic Stretch & Strengthening -Keaukaha *4:30PM Hypertension Class -Kona 5PM Yoga -Keaukaha 5:30PM Cancer Support Group -Hilo</p>	<p>24 *5:30PM Hula Hypertension -Hilo 5:30PM Zumba -Keaukaha</p>	<p>25 10:30AM Basic Stretch & Strengthening -Keaukaha *2PM Tobacco Cessation Class -Hilo 5PM Yoga -Keaukaha</p>	<p>26 9:30AM Basic Stretch & Strengthening -Pāhala 10AM Zumba -Hilo</p>	<p>27</p>
<p>29 *5:30PM Hula Hypertension -Hilo 5:30PM Zumba -Keaukaha</p>	<p>30 10:30AM Basic Stretch & Strengthening -Keaukaha 5PM Yoga -Keaukaha</p>	<p>*CLASS SIGN-UP: Most classes offered are 3-weeks long (one session per week). Please call or visit us online to sign up. hmono.org/classes</p> <p>Receive the Olakino newsletter electronically each month! Email contact@hmono.org or visit www.HMONO.org to subscribe.</p> <p>1438 Kīlauea Ave, Hilo (808) 969-9220</p> <p>Live Longer & Feel Better, Together!</p>			

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