

May
Mei 2019



Ola kino

Newsletter



Hui Mālama
Ola Nā 'Ōiwi

Serving Hawai'i Island for
28 YEARS

A message from our Board of Directors

Aloha kākou,



As we celebrate our 28th anniversary serving Hawai'i island, I'd like to give a big mahalo to our staff and providers of the Hui Mālama Ola Nā 'Ōiwi Family Medicine Clinic for their hard work and time to care for our people, to keep them healthy, and to help them take care of themselves and their children.

Mahalo to our office staff for keeping the office, events, and classes on track. Much mahalo to Uncle Louis for doing a good job, and mahalo to our two board members who recently traveled to Washington D.C. to keep our agency up-to-date on what's going on in D.C. and share about our community needs. Again, mahalo e Hui Mālama staff, doctors, and community. Together, we are moving forward for a better life for our people and children.

Mahalo nui loa,
Mabel De Silva - Chair

A message from our Executive Director

Aloha mai kākou,



This month marks 28 years of service at Hui Mālama Ola Nā 'Ōiwi. I am honored to serve as Executive Director and to help carry on the good work that has been done over the decades. I think back to the beginning, during the late 1980s and our incorporation in 1991. The first ED, Sonny Kinney, was a good friend of mine. He and his team set out to help the Hawaiian people live healthier lives, to understand health conditions, and to empower people to take charge of their health. There have been challenges over the years with doctor recruitment and retention, transportation needs, and closing of certain services at times. Through this all, our agency has persevered and been successful in helping our community. Thousands have learned about disease prevention and management, and taken steps to live healthier lives. There is still much left to do.

We are in a time of ho'i ho'i, a time of restoring and renewing. We are putting back some of the pieces that we know the community needs. For example, re-establishing our medical and behavioral health services this last winter. We are thankful to our patients, Board, community partners, and all those who have supported our efforts.

What we know is that longevity and effectiveness for Hui Mālama and the broader community requires partnership. Community engagement and giving back is key to reaching more people and sustaining programs that make a difference. We continue to work alongside our community partners and to hui our resources with the ultimate goal of empowering people to take charge of their health. We continue to assess and improve our programs based on your needs. We will continue to evolve and to paddle our wa'a on a steady path towards a healthier Hawai'i island.

Mahalo nui loa to each of you for your support.
Louis Hao - Executive Director



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

Board of Directors

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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, May 7
5:30pm-7:00pm
Hui Mālama Office
1438 Kīlauea Ave, Hilo

Tuesday, May 21
1:00pm-2:30pm
Hui Mālama Office

Cancer Support Group

Tuesdays, May 14 & 28
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
326 Desha Avenue, Keaukaha

Basic Stretch & Strengthening in Ka'ū

Wednesdays, May 1, 8, 22, 29
9:30am-10:30am
Nā'ālehu Community Center
95-5635 Mamalahoa Hwy,
Nā'ālehu

Fridays, May 17, 24, 31
9:30am-10:30am
Pāhala Nutrition Center
96-1169 Holei Street, Pāhala

Zumba

Fridays, May 10 & 24
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		
	MAY	JUNE
HILO		
DIABETES MANAGEMENT	Thurs 5/2 - 5/16	
HEALTHY HĀPAI	Thurs 5/2 - 6/6	
KA'Ū		
DIABETES MANAGEMENT	Mon 5/6 - 5/20	
HYPERTENSION		Mon 6/4 - 6/25
KONA		
DIABETES MANAGEMENT		Tues 6/25 - 7/9
HYPERTENSION	Tues 4/30 - 5/14	Tues 6/12 - 6/26
HEALTHY AT ANY SIZE	Thurs 5/23 - 6/27	
HEALTHY HĀPAI	Wed 5/1 - 6/5	
NORTH HAWAI'I		
DIABETES MANAGEMENT		Mon 6/3 - 6/17
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!



Wa'a Wellness

Cancer support group Mālama Ka Pili Pa'a members enjoyed a rejuvenating wa'a ride around Hilo Bay on March 30. Hui Mālama volunteer Genevie also joined with her daughter for the day!

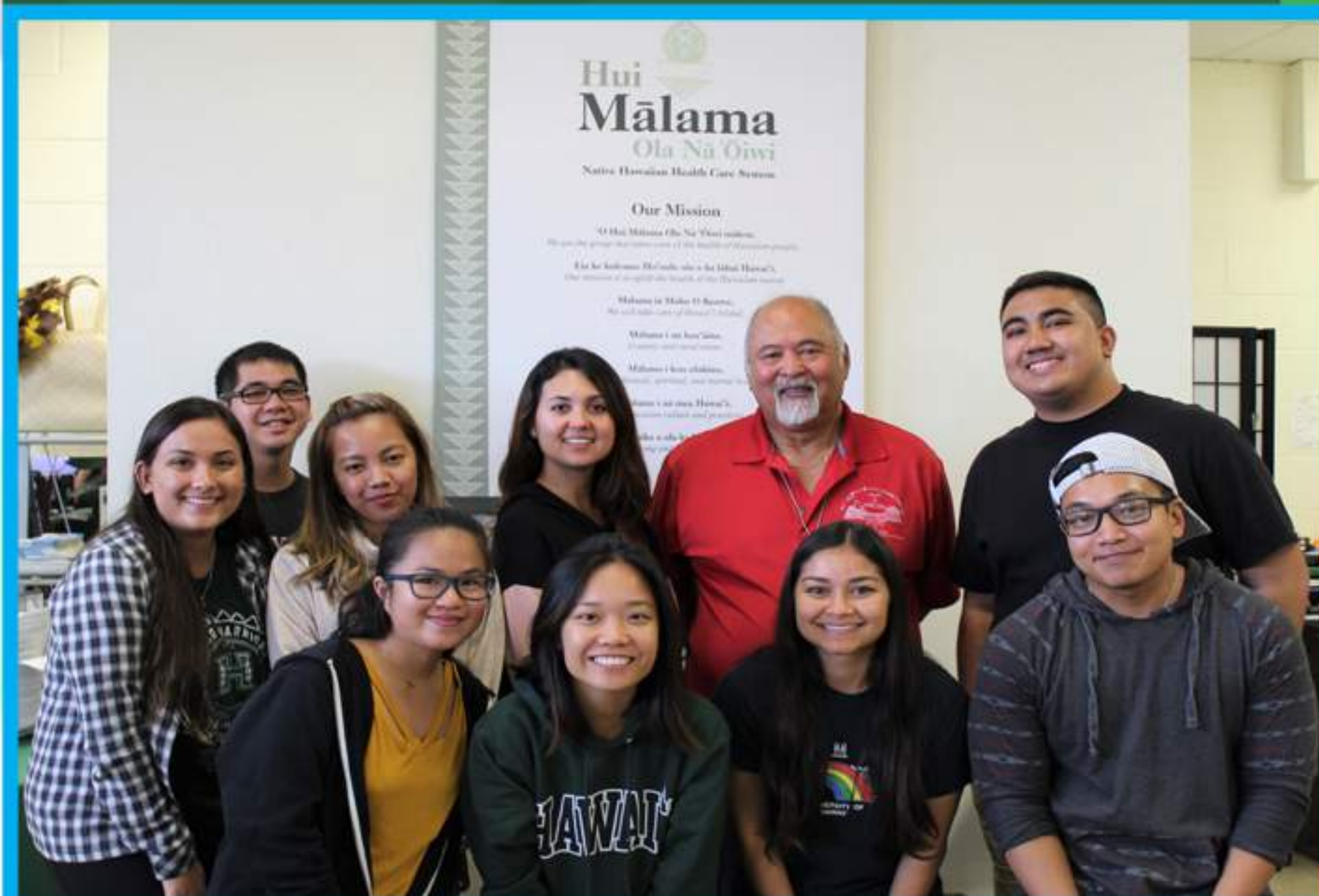
Keiki Fest

Hui Mālama staff and volunteer nursing students shared healthy living education with keiki and their 'ohana at the 2019 Keiki Fest at Parker Ranch Center in Waimea on April 13.



Lā'au Lapa'au Class

UH Mānoa students joined Po'okela Ikaika Dombrignes at Lā'au Lapa'au class on March 16. The students visited Hawai'i island as part of their Health Careers Opportunity Program and Hawai'i Island Rural Health Experience.



Grow Your Own Lā'au in Honoka'a

Participants of our Grow Your Own Lā'au class toured Honoka'a Demonstration Farm on March 30 to see how their lā'au can be part of a sustainable ecosystem.



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

**FAMILY MEDICINE CLINIC
CURRENTLY
ACCEPTING
NEW PATIENTS**

AVAILABLE SERVICES:

Family Medicine

Behavioral Health

Nutrition Counseling

Diabetes Education

Hui Mālama Ola Nā 'Ōiwi Family Medicine Clinic
73 Pu'uhonu Place, Suite 101
Hilo, Hawaii 96720
Phone: (808) 796-3125
Fax: (808) 796-3128

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

Most major insurances accepted.

PROVIDERS



Stacy Haumea
DBH, RDN, CDE



Gaku Yamaguchi
MD



Ka'ohimanu Dang Akiona
MD



Donna Dennerlein
LCSW



Ikaika Moreno
APRN

E Komo Mai Carly!

The Traditional Health Team welcomes a new member

Carly Wyman recently joined the Hui Mālama Ola Nā 'Ōiwi 'ohana, serving as the Grow Your Own Lā'au Program Instructor.



Sweetie Osorio
Traditional Health Supervisor



Natasha Hughes
Traditional Health Program Assistant



Carly Wyman
Traditional Health Program Instructor

Carly earned a bachelor's degree in International Relations with a focus on International Development. While studying, Carly learned more about the negative impacts of industrial development, and found an interest in reversing the severe impact on agriculture and food systems. Previously, Carly taught agriculture and gardening classes at schools around Hawai'i island. Carly also spent a summer in her home state of Colorado doing production farming, farmer's markets, and community supported agriculture (CSA).



As Carly explains in her first Grow Your Own Lā'au class, she focuses on "integrating agroforestry systems to create sustainable systems, where plants support each other from root crops to tree crops."

Currently, the Grow Your Own Lā'au Program features six plants:



ko'oko'olau



māmaki



'ōlena



tī



ka'ukama 'awa'awa



lūkini

The Traditional Health team hopes to add more native and endemic plants, such as 'uhaloa and 'awapuhi (ginger). Together, the team aims to support communities, revitalize soil, and help rebuild local food systems to be more self-sustaining.

We invite the public to attend our upcoming Grow Your Own Lā'au classes and community events.

Honoka'a • Hāmākua Harvest Farm Fest
• Sunday, May 19 • 9:00am - 3:00pm

Pāhala • Ka'ū Community Center
• Saturday, June 22 • 1:00pm - 3:00pm

Grow Your Own Lā'au program supported by:



Hawai'i Electric Light



Health Resources and Services Administration

HAWAII TOURISM

Support Provided by Hawai'i Tourism through the Kūkulu Ola Program.



Hui Mālama
Ola Nā 'Ōiwi

3rd Annual Mālama Nā Keiki Festival

Health Screenings

Hearing
Vision Exams
Height & Weight
Blood Pressure

Education and Activities

Prenatal information
Breastfeeding education with lactation specialists
Grow Your Own Plant
Makahiki games

Saturday, June 29, 2019
9:00a.m. - 1:00p.m.
Pāhala Community Center



Funded by:

Health Resources and
Services Administration



PRIZES

ENTERTAINMENT

FREE FOOD

KEIKI ACTIVITIES

The event is **FREE** and open to the public. Expecting and first-time mothers, women considering pregnancy, young families, and supporting 'ohana from across the county - come join the fun!

(808) 969-9220 • HMONO.org



/HMONO.org



hui_malama_

28 Years

May marks our anniversary, 28 years of serving Hawai'i island. In those 28 years, Hui Mālama Ola Nā 'Ōiwi went from a small grassroots organization whose staff walked door-to-door to build the beginnings of our 'ohana, to a island-wide non-profit organization offering a multitude of health services for keiki through kūpuna. With time, we have expanded, but just as important as 28 years ago, we aim to mālama our people through sincere care and support in their health journey. Progress has been made, but there is much work left to do as health issues remain a top concern for the island. We will continue to paddle together toward a healthier people and healthier community.

Our Mission

'O Hui Mālama Ola Nā 'Ōiwi mākou.

We are the group that take care of the health of the people of Hawai'i.

Eia ke kuleana: Ho'oulu ola ka lāhui Hawai'i.

Our Mission is to uplift the health of the Hawaiian nation.

Mālama iā Moku o Keawe,
We will take care of Hawai'i Island,

Mālama i nā kua`āina,
Country and rural areas,

Mālama i kou olakino,
Your physical, spiritual and mental body,

Mālama i nā mea Hawai'i.
And Hawaiian culture and practices.

E ho'oikaika a ola ka lāhui Hawai'i.
We envision a strong and healthy Hawaiian nation.

Our History

In the 1980s, research was done across the State of Hawai'i to identify health issues and needs. It was found that Hawai'i had alarmingly high rates of diabetes and hypertension, among other health concerns. These findings led to the Native Hawaiian Health Care Act of 1988 (later renewed in 1992 as the Native Hawaiian Health Care Improvement

Act) and the establishment of Native Hawaiian Health Care Systems across the state. Hui Mālama Ola Nā 'Ōiwi serves as the system for Hawai'i island. Our Articles of Incorporation, signed May 1, 1991 by Everett "Sonny" Kinney, state our purpose "to assist Native Hawaiians in restoring a high health care system by delivering services that aim to improve the health of Native Hawaiians on the island of Hawaii, according to the requirements of the Native Hawaiian Health Care Act of 1988, OL 100-579." Hui Mālama has worked diligently to fulfill this purpose, as well as expanded our services to reach all of the Hawai'i island community.



A Time of Ho'i Ho'i

Under the leadership of Executive Director Louis Hao, Hui Mālama Ola Nā 'Ōiwi is in a time of "ho'i ho'i", a time to replenish, restore, renew. Our focus? To improve the health and wellness of the people of Hawai'i island.

This past year has been a time of much growth. We are pleased to have opened our Family Medicine Clinic in Hilo in February 2019, providing medical and behavioral health services to the community. The medical team includes five providers: Gaku Yamaguchi, MD; Ka'ohimanu Dang Akiona, MD; Donna Dennerlein, LCSW; Stacy Haumea, DBH, RDN, CDE; and Ikaika Moreno, APRN. The clinic offers family medicine, behavioral health, nutrition counseling, and one-on-one diabetes education.

Hui Mālama continues to offer health education classes covering hypertension, diabetes, nutrition, and more!



This past year, there has been significant expansion in the program offerings including the growth of the Grow Your Own Lā'au program, the addition of Ola Hou I Ka Hula hypertension classes, and the successful launching of E Mālama I Ke Olakino 'Ō Nā Keiki, a program focused on youth nutrition and physical activity in schools.

With medical, behavioral health, and education programs, Hui Mālama Ola Nā 'Ōiwi offers comprehensive services aimed at providing a complete circle of care for our patients.



Looking Ahead

As we enter another year, our services will continue to evolve to match the ever-evolving needs of our community. We will continue to build the Family Medicine Clinic, looking to offer more for keiki and patients of all ages. We will also continue to honor tried and true practices that the community continues to request, including hosting our 19th Annual Ladies' Night Out in September!

While the future is sometimes unpredictable, we can say confidently that we will continue to strive to meet the needs of you, our 'ohana. We are grateful to be entering our 29th year here on the island of Hawai'i. It is our blessing to serve you. As always, we want to know how you're doing, what you need, and how we can help. Come talk story with us! Together, we can paddle in one direction, moving the wa'a forward toward a healthier Hawai'i.



Hui Mālama Ola Nā 'Ōiwi Services

- Nutrition, Hypertension, & Diabetes Classes
- Healthy Hāpai Prenatal Program
- Disease Prevention Education
- Traditional Hawaiian Health
- Community Outreach
- Health Resource Referrals
- Support Groups
- Exercise & Fitness Program
- Specialty Transportation
- Behavioral Health
- Medical Services

Giving

If you are interested in giving to Hui Mālama Ola Nā 'Ōiwi, there are several ways to contribute.

Monetary Donations

Please 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.

Visit hmono.org/volunteer to learn more about the volunteer program.

Support Groups: Learning Together & Building 'Ohana

Hui Mālama Ola Nā 'Ōiwi offers support groups as a space for participants to share about your journey, build 'ohana, receive educational information presented by healthcare professionals, and get answers to your health questions. Hui Mālama offers two support groups that meet twice a month.

Diabetes Support Group

In Hawai'i, 1 in 8 adults has diabetes. Hui Mālama Diabetes Support Group was developed to address the need for diabetes education and community support. Meetings are facilitated by staff and healthcare professionals from around the community.

Diabetes can affect your life in many ways. Diabetes Support Group aims to provide help with these experiences by covering a wide range of topics from medication, dental care, and nutrition, to self-advocacy

and traditional practices involving lā'au. If you or someone you know is diagnosed with diabetes, connect with us by joining our support group today.

Diabetes Support Group meets at our Hilo office at the following times:

First Tuesday • 5:30pm-7:00pm

Third Tuesday • 1:00-2:30pm





Cancer Support Group

Who better to support you through your cancer journey than an 'ohana that has experience with the struggle? Hui Mālama cancer support group Mālama Ka Pili Pa'a provides current cancer patients, survivors, and caregivers a space to connect. Mālama Ka Pili Pa'a is very active in the community; educating, advocating for survivorship, sharing their personal stories, and celebrating life each day.



Wa'a Wellness: Healing on the Water

On March 30, Hui Mālama partnered with Paddling for Hope to offer cancer patients, survivors, and caregivers a relaxing wa'a ride around Hilo Bay. Paddling for Hope is a non-profit organization founded by Derek Park whose own mother is a 29-year breast cancer survivor and the inspiration for the organization. Paddling for Hope utilized their three-person wa'a to give cancer survivors an opportunity to paddle in the ocean. Alongside Paddling for Hope, Hui Mālama staff provided breast cancer education and self-exam pads to promote breast cancer prevention.



For more information on how to do a breast self-exam, come by the Hui Mālama office during normal business hours for a free Aware Breast Self-Exam kit, which contains directions and an easy-to-use pad to aid in your self-exam.

Hui Mālama cancer support group, Mālama Ka Pili Pa'a, meets at our Hilo office at the following times:

Second and Fourth Tuesdays • 5:30pm-7:30pm

Healthy Hāpai

A Program for New and Experienced Parents

The Healthy Hāpai program is a free 5-week program that offers prenatal, childbirth, new baby care, breastfeeding, postpartum, and parenting education to expecting families. These classes are open to both first-time and experienced parents. The program is coordinated by Hui Mālama Ola Nā 'Ōiwi staff member Leila Ryusaki. Leila is a Certified Childbirth Educator (CCE), Certified Lactation Counselor (CLC), and a Licensed Massage Therapist (LMT).

In the Healthy Hāpai program, there is one class per week and each class has a specific topic. Along with prenatal education, participants discuss strategies for time management, preparation, and balancing priorities. When describing the program, Leila expresses the following:

“One thing I hope parents get out of this program is how to care for their child overall. To learn about birth and infancy in the first year, but especially how to be a parent for the first few years. We are a prenatal and postpartum education class, but it’s not limited to that.”



She further describes the classes as fun, hands-on, and focused on collective learning. The classes are developed so participants feel comfortable to engage in peer-to-peer discussion and build a support system with each other. Leila highlights the importance of parents having a support system, and she’s pleased that the program can give parents an opportunity to develop a “community within a community,” as she puts it.



In the months of May and June, Healthy Hāpai will be co-taught by Leila Ryusaki and Kehau Kealoha. Kehau is a Registered Nurse (RN), International Board Certified Lactation Consultant (IBCLC), and founder of Mother’s Milk LLC in Waimea. Kehau is an invaluable addition to the Healthy Hāpai program as she will offer further breastfeeding support and education. For more information on Mother’s Milk LLC, visit www.mothersmilk.co.



Kehau Kealoha



Leila Ryusaki

If you are an expecting parent, join us at any of our upcoming classes around Hawai’i island.

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 2 - June 6

• 10:00am - 12:00pm

Aunty's Health Message



Aloha mai kākou,

I am Aunty Edna and this month, I want to say mahalo to all of you who have been with us through the years on our journey toward a healthy Hawai'i. As we journey together through the ups and downs, it is a blessing that we are 'ohana so that we can be there for each other through the stressful times and the successful times.

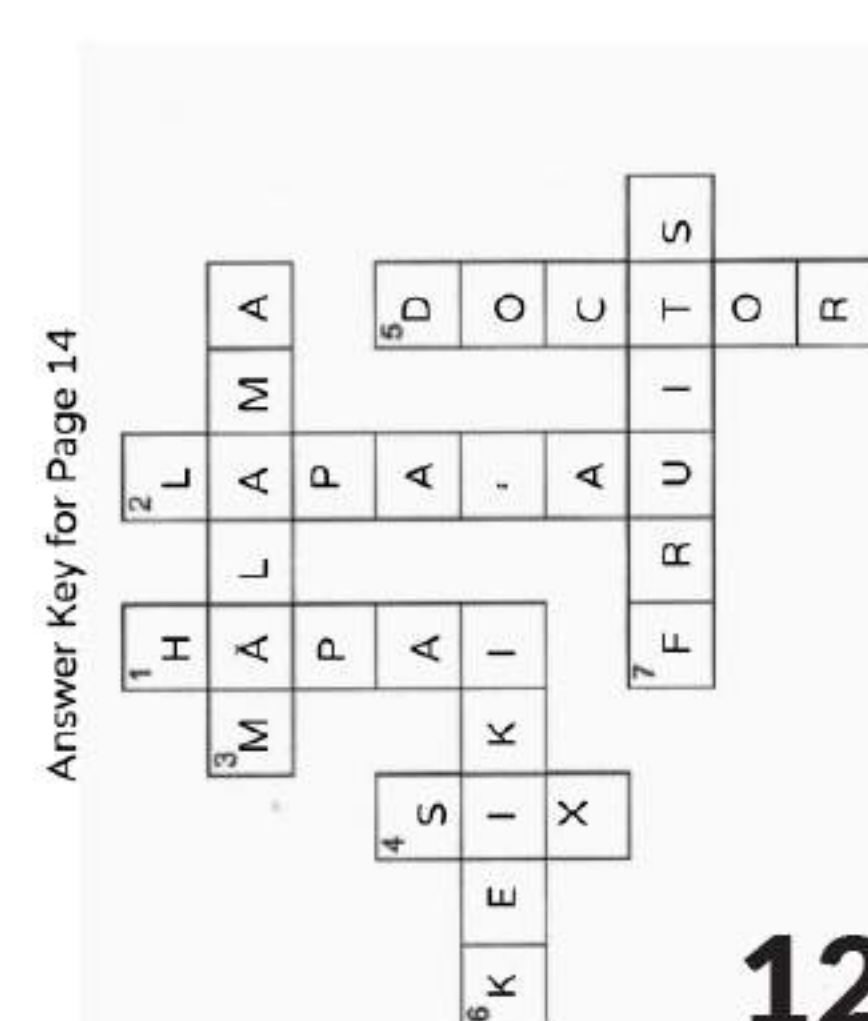


Over our past 28 years, we have been blessed with very supportive people, loving 'ohana, and organizations that have worked hard at acquiring supplies and services people need. And that is really what it takes to make it through life. Doing it one day at a time really works when we are doing it together.

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!

We often equate being healthy only to what we feel, but the reality is all that we do in life has a bearing on how healthy we can be and need to be. Over the last year, being a healthy and happy person has required some positive thinking in light of some struggles: stormy weather, earthquakes, eruptions, rock slides, and having adequate food supplies. We are reminded to look at life from the bright side, not just the challenging struggles to keep a healthy outlook.



Rotavirus Vaccine (RV5 and RV1)

RV5 and RV1 are the two vaccines available to help protect against rotavirus. Rotavirus is a contagious virus that spreads through oral contact with the stool of an infected person. This includes eating contaminated food or putting hands in your mouth after direct contact or after touching contaminated objects. When a person is exposed to rotavirus, it takes about 2 days for symptoms to appear. However, infected persons are contagious before symptoms appear and during the 3 days after recovery.

Rotavirus is most common in infants and young children, but is occasionally diagnosed in older children and adults. Rotavirus can cause gastroenteritis, so symptoms usually include severe diarrhea, vomiting, fever, and abdominal pain. Due to the loss of body fluids, those with rotavirus are at risk of becoming severely dehydrated.

It is important to maintain good hygiene practices like handwashing to lower risks of spreading the virus. The rotavirus vaccine is the best way to protect your child from rotavirus. It is recommended to vaccinate infants with either of the two oral vaccines on the following schedules:

- RV5: 3 doses at 2 months, 4 months, and 6 months
- RV1: 2 doses at 2 months and 4 months

Learn more about rotavirus and the RV5 and RV1 vaccines 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 CDC Recommended vaccinations (24-25)?



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:

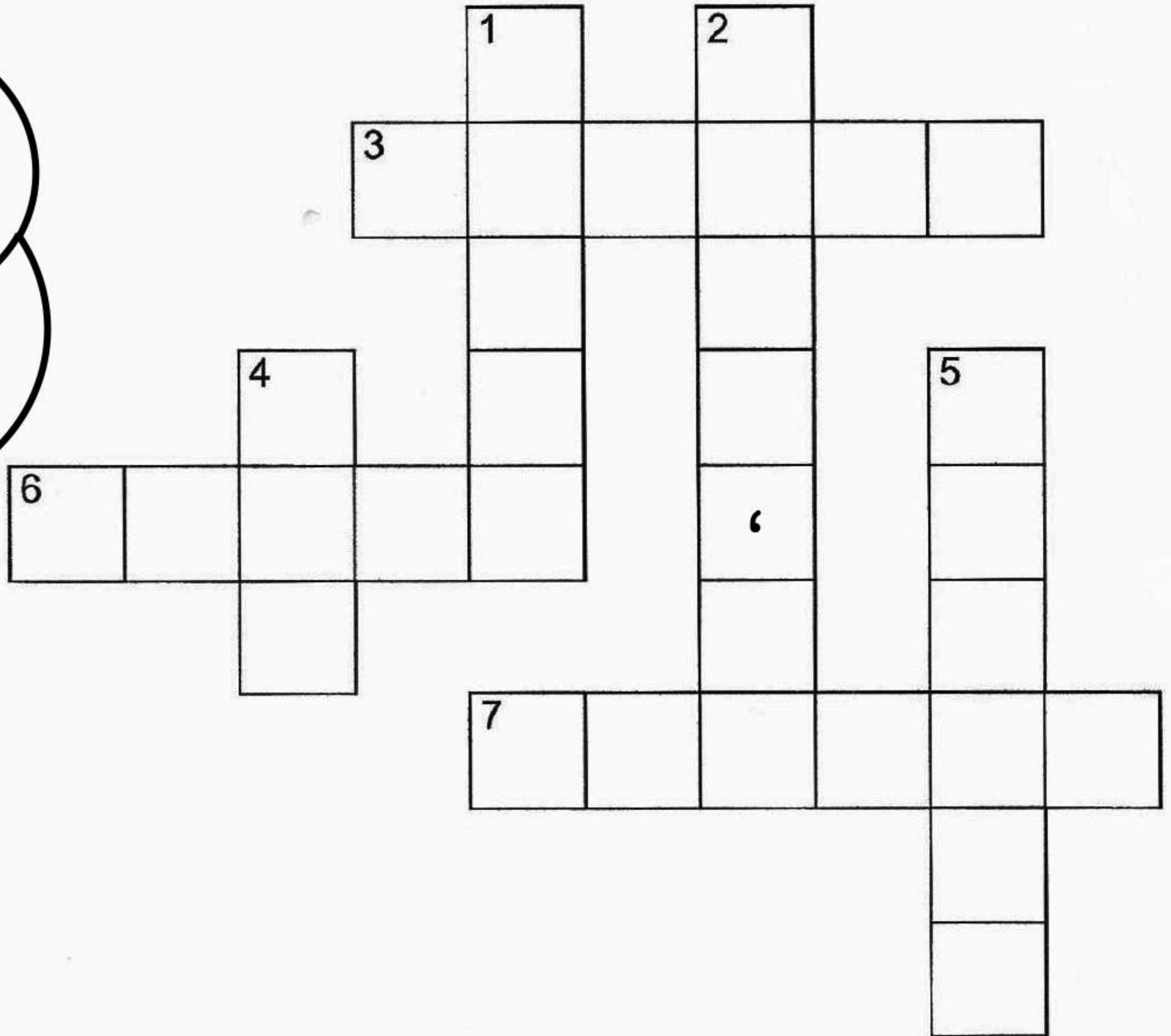
- DTP/DTap 1
- DTP/DTap 2
- DTP/DTap 3
- DTP/DTap 4
- IPV 1
- IPV 2
- IPV 3
- MMR
- Hib 1
- Hib 2
- Hib 3
- Hep A
- HepB 1
- HepB 2
- HepB 3
- VZV
- Pneumococcal 1
- Pneumococcal 2
- Pneumococcal 3
- Pneumococcal 4
- RV1 or RV5

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

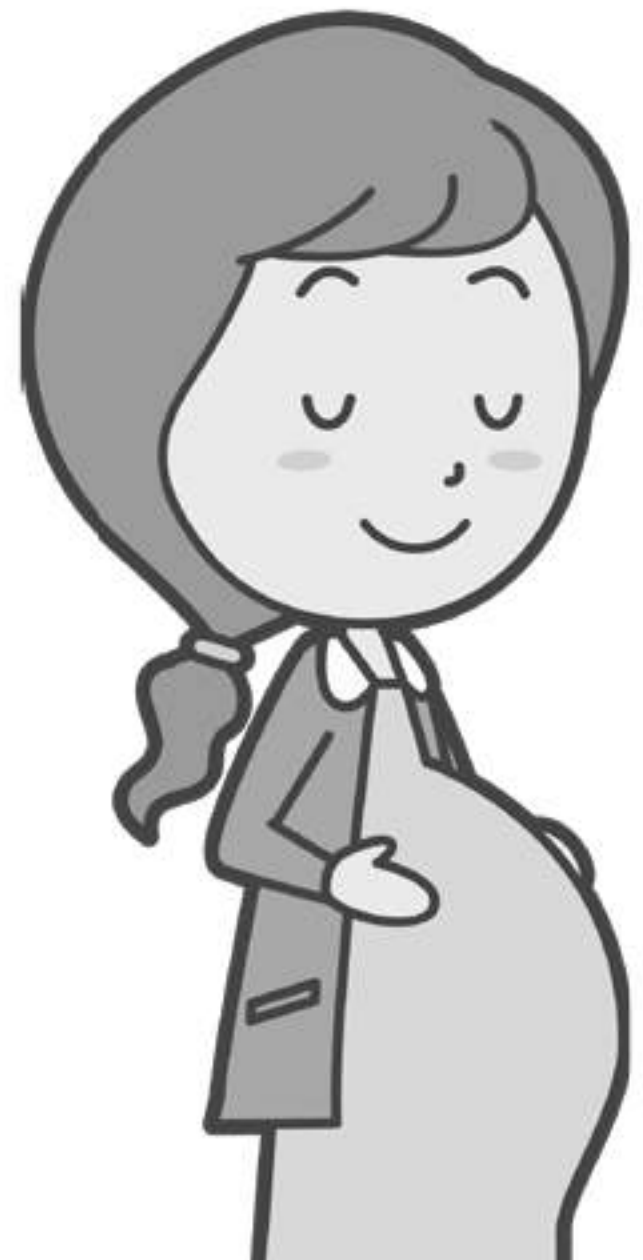


Keiki Coloring Corner

May is anniversary month!
 See what you know about
 Hui Mālama! Complete this
 crossword puzzle
 and color the pictures!



DOWN



1. The Hawaiian word for “pregnant” or “carry”. See page 11 for Healthy _____.



2. Look at the back calendar. Lā‘au _____ class is on May 25.

4. How many plants does the Grow Your Own Lā‘au class have? (See page 5)



5. This friendly person uses a stethoscope to check your heart.

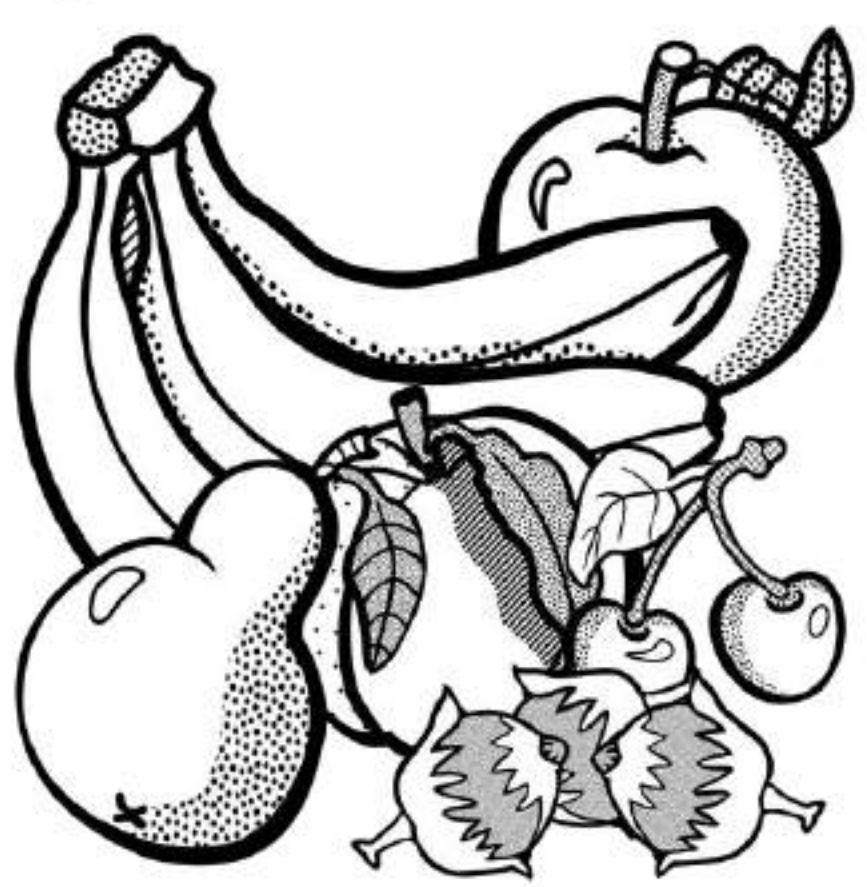
ACROSS



3. Hui _____
 Ola Nā ‘Ōiwi



6. Look at page 6 to learn about Mālama Nā _____ Festival.



7. To stay healthy, eat plenty of _____ and vegetables.

Answers on page 12



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>*CLASS SIGN-UP: 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>Live Longer & Feel Better, Together!</p>		<p>1 *9AM Healthy Hāpai -Kona</p> <p>9:30AM BS&SEC -Nā'ālehu</p> <p>*3PM Healthy Hāpai -Waimea</p> <p>5:30PM Zumba -Keaukaha</p>	<p>2 *10AM Healthy Hāpai -Hilo</p> <p>10:30AM BS&SEC -Keaukaha</p> <p>5PM Yoga -Keaukaha</p> <p>*5PM Diabetes Management -Hilo</p>	<p>3</p>	<p>4 10AM Lā'au Lapa'au Workshop -Kona</p>		
		<p>6 *5PM Diabetes Management -Ka'ū</p> <p>5:30PM Zumba -Keaukaha</p>	<p>7 10:30AM BS&SEC -Keaukaha</p> <p>*4PM Hypertension Class -Kona</p> <p>5PM Yoga -Keaukaha</p> <p>5:30PM Diabetes Support Group -Hilo</p>	<p>8 *9AM Healthy Hāpai -Kona</p> <p>9:30AM BS&SEC -Nā'ālehu</p> <p>*3PM Healthy Hāpai -Waimea</p> <p>5:30PM Zumba -Keaukaha</p>	<p>9 *10AM Healthy Hāpai -Hilo</p> <p>10:30AM BS&SEC -Keaukaha</p> <p>5PM Yoga -Keaukaha</p> <p>*5PM Diabetes Management -Hilo</p>	<p>10 10AM Zumba -Hilo</p>	<p>11</p>
		<p>13 *5PM Diabetes Management -Ka'ū</p> <p>5:30PM Zumba -Keaukaha</p>	<p>14 10:30AM BS&SEC -Keaukaha</p> <p>*4PM Hypertension Class -Kona</p> <p>5PM Yoga -Keaukaha</p> <p>5:30PM Cancer Support Group -Hilo</p>	<p>15 *9AM Healthy Hāpai -Kona</p> <p>*3PM Healthy Hāpai -Waimea</p> <p>5:30PM Zumba -Keaukaha</p>	<p>16 *10AM Healthy Hāpai -Hilo</p> <p>10:30AM BS&SEC -Keaukaha</p> <p>5PM Yoga -Keaukaha</p> <p>*5PM Diabetes Management -Hilo</p>	<p>17 9:30AM BS&SEC -Pāhala</p>	<p>18 *10AM Lā'au Lapa'au Class -Kona</p> <hr/> <p>Sunday 19 *9AM Yoga on the Beach Cancer Support Event -Kona</p> <p>9AM Hāmākua Harvest Farm Fest -Honoka'a</p>
		<p>20 *5PM Diabetes Management -Ka'ū</p> <p>5:30PM Zumba -Keaukaha</p>	<p>21 10:30AM BS&SEC -Keaukaha</p> <p>1PM Diabetes Support Group -Hilo</p> <p>5PM Yoga -Keaukaha</p>	<p>22 *9AM Healthy Hāpai -Kona</p> <p>9:30AM BS&SEC -Nā'ālehu</p> <p>*3PM Healthy Hāpai -Waimea</p> <p>5:30PM Zumba -Keaukaha</p>	<p>23 *10AM Healthy Hāpai -Hilo</p> <p>10:30AM BS&SEC -Keaukaha</p> <p>5PM Yoga -Keaukaha</p> <p>*5PM Healthy At Any Size -Kona</p>	<p>24 9:30AM BS&SEC -Pāhala</p> <p>10AM Zumba -Hilo</p>	<p>25 *10AM Lā'au Lapa'au Class -Kona</p>
		<p>27 OFFICE CLOSED</p> <p>Memorial Day</p>	<p>28 10:30AM BS&SEC -Keaukaha</p> <p>5PM Yoga -Keaukaha</p> <p>5:30PM Cancer Support Group -Hilo</p>	<p>29 *9AM Healthy Hāpai -Kona</p> <p>9:30AM BS&SEC -Nā'ālehu</p> <p>*3PM Healthy Hāpai -Waimea</p> <p>5:30PM Zumba -Keaukaha</p>	<p>30 *10AM Healthy Hāpai -Hilo</p> <p>10:30AM BS&SEC -Keaukaha</p> <p>5PM Yoga -Keaukaha</p> <p>*5PM Healthy At Any Size -Kona</p>	<p>31 9:30AM BS&SEC -Pāhala</p>	<p>1</p>

BS&SEC
Basic Stretch & Strengthening Exercise Class

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