**MANA OLA OF HAWAI‘I ALOHA**

“Three components of Hawai‘i healing are found within the word Hawai‘i itself: Hā means breath, wai means water, and i means spirit.”

-Po‘okela Ikaika Dombrigues

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**Special Events**

- Ladies’ Night Out
- Kāne Program
- Mālama Nā Keiki Festival

**Support Groups**

- Cancer
- Diabetes (adult and youth)
- Wellness

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**Lā‘au Lapa‘au**

- Workshops and classes
- Grow Your Own Lā‘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 Hāpai Prenatal Program
- Makahiki Games