FAMILY MEDICINE

82 Pu’uhonu Place, Suite 209
Hilo, HI 96720
Phone: (808) 796-3125
Fax: 1-866-372-2766

SERVICES & PROVIDERS

Family Medicine
Gaku Yamaguchi, MD
Susan Cauley, MD

Nutrition Counseling & Diabetes Education
Stacy Haumea, DBH, RDN, CDE

Behavioral Health
Donna Dennerlein, LCSW

Community Wellness
Health presentations for schools, business, and community groups
Health screenings and resource referrals

Diabetes
Diabetes Self-Management Education & Support program

Exercise & Fitness
Basic Stretch & Strengthening
Therapeutic Yoga
Zumba

Heart Health
Hypertension Class
Ola Hou i Ka Hula: Hula for Health

Immunization Program
For keiki under 2 years old
Receive makana upon completion of recommended immunizations

Kōkua Hali

Specialty Transportation
Transportation to medical appointments for those with mobility restrictions

Nutrition
Hele Mai ‘Ai
Healthy at Any Size

Special Events
Ladies’ Night Out
Kāne Program
Mālama Nā Keiki Festival

Support Groups
Cancer
Diabetes (adult and youth)
Wellness

MANA OLA OF HAWAI‘I ALOHA

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

La’au Lapa’au
Workshops and classes
Grow Your Own La‘au
Community Garden workshops

Hoʻoponopono
Island-wide introductory sessions
One-to-one consultations
Training

Lomilomi
Lomilomi massage in Hilo & Ka‘ū
Training

Other Services
Healthy Hapai Prenatal Program
Makahiki Games

All Hawaiian language in the Traditional Hawaiian Healing department is translated by Poʻokela Ikaika Dombrigues.