

Better Choices, Better Health

KE OLA PONO

A six-week workshop for people living with any ongoing health problem or chronic disease

Six-Week Program

We invite you to participate in a six-week self-management workshop for people with any type of ongoing health problems. The workshops teach practical skills for living a healthy life with an ongoing health condition.

Fun & Interactive

Classes allow participants to build upon a common source of support through the sharing of their successes.

Self-Management Tools

The workshop introduces topics and tools to encourage you and assist in managing your health, staying active, and enjoying life.



Self Management Programs

Chronic Disease Self-Management Program
at Hilo ADRC: Tues. Aug. 22, 29, 2017, Sep.
05, 12, 19, 26, 2017, 9:00-11:30am. 1055 Kino'ole St.
Suite #101 Hilo, HI 96720

Core Topics Covered

- Goal Setting & Action Plans
- Problem Solving
- Fitness and Exercise
- Medication Management
- Effective Communication
- Healthy Eating
- How to Relax
- Evaluating New Treatments

For more information contact:

Kahealani Wakinekona, RN, ASN, PCMH, CCM.

BC/BH-Ke Ola Pono Program Coordinator.

NO Fee, preference 60+, or caregivers and family members. Registration is required. **PH: 808-895-9068 E-mail: kahealani@kidneyhi.org**

Major Statewide Partners

- State of Hawai'i Executive Office on Aging
- Kaua'i County Agency on Elderly Affairs
- City & County of Honolulu Elderly Affairs Division
- Maui County Office on Aging
- Hawai'i County Office of Aging
- Alu Like, Inc.