

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 HCOA office: 1055 Kino'ole St. Hilo, HI 96720. Fridays April 27, May 4, 11, 18, 25 and June 1, 2018 from 9:00am-11:30 am.

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+, and 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.