



# Ola Hou I KA HULA

RECRUITMENT

**Starting  
Aug 20 2018**

Monday &  
Wednesday  
5:30-6:30pm!

**Hula and Hypertension:** Ola Hou i ka Hula, return to health through hula, is a culturally-based program for those of us seeking healing from health problems. The program was developed by University of Hawai'i medical school doctors and scientists in collaboration with Kumu Hula. The Ola Hou program includes heart health education and twice a week hula training led by a Kumu hula. Open to men and women, and no hula experience required.

**We are looking for 25 new attendees:**

**Native Hawaiian**

**Have high blood pressure or a health condition where physical activity is recommended, and able to**

**Obtain doctor's approval to participate**



Kumu Hula Pi'ilani Ka'awaloa

For more information or to register, please contact  
Stacy Haumea,  
[stacy.haumea@gmail.com](mailto:stacy.haumea@gmail.com) or  
call/text 808-430-6735



College of  
Tropical  
Agriculture  
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Resources



NHLBI#101HL126577-

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**Hula & heart health  
education classes are free!**

Classes located at:  
Kamehameha Schools Kea'au  
High School Hula room-Kamaka'eha.