



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>*5:30PM Hula Hypertension -Hilo</p> <p>5:30PM Zumba -Keaukaha</p>	<p>2</p> <p>10:30AM Basic Stretch & Strengthening -Keaukaha</p> <p>5PM Yoga -Keaukaha</p> <p>5:30PM Diabetes Support Group -Hilo</p>	<p>3</p> <p>9:30AM Basic Stretch & Strengthening -Nā'ālehu</p> <p>*5:30PM Hula Hypertension -Hilo</p> <p>5:30PM Zumba -Keaukaha</p>	<p>4</p> <p>10:30AM Basic Stretch & Strengthening -Keaukaha</p> <p>5PM Yoga -Keaukaha</p>	<p>5</p> <p>9:30AM Basic Stretch & Strengthening -Pāhala</p>	<p>6</p> <p>10AM Lā'au Lapa'au Workshop -Waimea</p>
<p>8</p> <p>*4:30PM Hypertension Class -Waimea</p> <p>*5PM Hypertension Class -Ka'ū</p> <p>*5:30PM Hula Hypertension -Hilo</p> <p>5:30PM Zumba -Keaukaha</p>	<p>9</p> <p>10:30AM Basic Stretch & Strengthening -Keaukaha</p> <p>*4:30PM Hypertension Class -Kona</p> <p>5PM Yoga -Keaukaha</p> <p>5:30PM Cancer Support Group -Hilo</p>	<p>10</p> <p>9:30AM Basic Stretch & Strengthening -Nā'ālehu</p> <p>*5:30PM Hula Hypertension -Hilo</p> <p>5:30PM Zumba -Keaukaha</p>	<p>11</p> <p>10:30AM Basic Stretch & Strengthening -Keaukaha</p> <p>*2PM Tobacco Cessation Class -Hilo</p> <p>5PM Yoga -Keaukaha</p>	<p>12</p> <p>9:30AM Basic Stretch & Strengthening -Pāhala</p> <p>10AM Zumba -Hilo</p>	<p>13</p> <p>*9AM Lā'au Lapa'au Class -Waimea</p>
<p>15</p> <p>*4:30PM Hypertension Class -Waimea</p> <p>*5PM Hypertension Class -Ka'ū</p> <p>*5:30PM Hula Hypertension -Hilo</p> <p>5:30PM Zumba -Keaukaha</p>	<p>16</p> <p>10:30AM Basic Stretch & Strengthening -Keaukaha</p> <p>*4:30PM Hypertension Class -Kona</p> <p>5PM Yoga -Keaukaha</p> <p>1PM Diabetes Support Group -Hilo</p>	<p>17</p> <p>9:30AM Basic Stretch & Strengthening -Nā'ālehu</p> <p>*5:30PM Hula Hypertension -Hilo</p> <p>5:30PM Zumba -Keaukaha</p>	<p>18</p> <p>10:30AM Basic Stretch & Strengthening -Keaukaha</p> <p>*2PM Tobacco Cessation Class -Hilo</p> <p>5PM Yoga -Keaukaha</p>	<p>19</p> <p>OFFICE CLOSED</p> <p>Good Friday</p>	<p>20</p> <p>*9AM Lā'au Lapa'au Class -Waimea</p>
<p>22</p> <p>*4:30PM Hypertension Class -Waimea</p> <p>*5PM Hypertension Class -Ka'ū</p> <p>*5:30PM Hula Hypertension -Hilo</p> <p>5:30PM Zumba -Keaukaha</p>	<p>23</p> <p>10:30AM Basic Stretch & Strengthening -Keaukaha</p> <p>*4:30PM Hypertension Class -Kona</p> <p>5PM Yoga -Keaukaha</p> <p>5:30PM Cancer Support Group -Hilo</p>	<p>24</p> <p>*5:30PM Hula Hypertension -Hilo</p> <p>5:30PM Zumba -Keaukaha</p>	<p>25</p> <p>10:30AM Basic Stretch & Strengthening -Keaukaha</p> <p>*2PM Tobacco Cessation Class -Hilo</p> <p>5PM Yoga -Keaukaha</p>	<p>26</p> <p>9:30AM Basic Stretch & Strengthening -Pāhala</p> <p>10AM Zumba -Hilo</p>	<p>27</p>
<p>29</p> <p>*5:30PM Hula Hypertension -Hilo</p> <p>5:30PM Zumba -Keaukaha</p>	<p>30</p> <p>10:30AM Basic Stretch & Strengthening -Keaukaha</p> <p>5PM Yoga -Keaukaha</p>	<p>*CLASS SIGN-UP: Most classes offered are 3-weeks long (one session per week). Please call or visit us online to sign up. hmono.org/classes</p> <p>Receive the Olakino newsletter electronically each month! Email contact@hmono.org or visit www.HMONO.org to subscribe.</p> <p>1438 Kīlauea Ave, Hilo (808) 969-9220</p> <p>Live Longer & Feel Better, Together!</p>			