Hui Mālama Ola Nā 'Ōiwi

April 2019

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 *5:30PM Hula Hypertension - <i>Hilo</i> 5:30PM Zumba <i>-Keaukaha</i>	2 10:30AM Basic Stretch & Strengthening <i>-Keaukaha</i> 5PM Yoga <i>-Keaukaha</i> 5:30PM Diabetes Support Group <i>-Hilo</i>	3 9:30AM Basic Stretch & Strengthening - <i>Nāʿālehu</i> *5:30PM Hula Hypertension - <i>Hilo</i> 5:30PM Zumba - <i>Keaukaha</i>	4 10:30AM Basic Stretch & Strengthening <i>-Keaukaha</i> 5PM Yoga <i>-Keaukaha</i>	5 9:30AM Basic Stretch & Strengthening <i>-Pāhala</i>	6 10AM Lāʿau Lapaʿau Workshop -Waimea
8 *4:30PM Hypertension Class <i>-Waimea</i> *5PM Hypertension Class <i>-Ka'ū</i> *5:30PM Hula Hypertension <i>-Hilo</i> 5:30PM Zumba <i>-Keaukaha</i>	9 10:30AM Basic Stretch & Strengthening <i>-Keaukaha</i> *4:30PM Hypertension Class <i>-Kona</i> 5PM Yoga <i>-Keaukaha</i> 5:30PM Cancer Support Group <i>-Hilo</i>	10 9:30AM Basic Stretch & Strengthening <i>-Nāʿālehu</i> *5:30PM Hula Hypertension <i>-Hilo</i> 5:30PM Zumba <i>-Keaukaha</i>	11 10:30AM Basic Stretch & Strengthening <i>-Keaukaha</i> *2PM Tobacco Cessation Class <i>-Hilo</i> 5PM Yoga <i>-Keaukaha</i>	12 9:30AM Basic Stretch & Strengthening <i>-Pāhala</i> 10AM Zumba <i>-Hilo</i>	13 *9AM Lāʿau Lapaʿau Class -Waimea
15 *4:30PM Hypertension Class <i>-Waimea</i> *5PM Hypertension Class <i>-Ka'ū</i> *5:30PM Hula Hypertension <i>-Hilo</i> 5:30PM Zumba <i>-Keaukaha</i>	16 10:30AM Basic Stretch & Strengthening <i>-Keaukaha</i> *4:30PM Hypertension Class <i>-Kona</i> 5PM Yoga <i>-Keaukaha</i> 1PM Diabetes Support Group <i>-Hilo</i>	17 9:30AM Basic Stretch & Strengthening <i>-Nāʿālehu</i> *5:30PM Hula Hypertension <i>-Hilo</i> 5:30PM Zumba <i>-Keaukaha</i>	18 10:30AM Basic Stretch & Strengthening <i>-Keaukaha</i> *2PM Tobacco Cessation Class <i>-Hilo</i> 5PM Yoga <i>-Keaukaha</i>	19 OFFICE CLOSED Good Friday	20 *9AM Lāʿau Lapaʿau Class -Waimea
22 *4:30PM Hypertension Class <i>-Waimea</i> *5PM Hypertension Class <i>-Kaʿū</i> *5:30PM Hula Hypertension <i>-Hilo</i> 5:30PM Zumba	23 10:30AM Basic Stretch & Strengthening <i>-Keaukaha</i> *4:30PM Hypertension Class <i>-Kona</i> 5PM Yoga <i>-Keaukaha</i> 5:30PM Cancer	24 *5:30PM Hula Hypertension - <i>Hilo</i> 5:30PM Zumba <i>-Keaukaha</i>	25 10:30AM Basic Stretch & Strengthening <i>-Keaukaha</i> *2PM Tobacco Cessation Class <i>-Hilo</i> 5PM Yoga <i>-Keaukaha</i>	26 9:30AM Basic Stretch & Strengthening <i>-Pāhala</i> 10AM Zumba <i>-Hilo</i>	27
-Keaukaha	Support Group -Hilo	*CLASS SIGN-UP: Most classes offered are 3-weeks long (one session per week). Please call or visit us online to sign up. <i>hmono.org/classes</i>			
29 *5:20PM Hula	30 10:20 AM Basic	Receive the Olakino newsletter electronically each month!			

Receive the Olakino newsletter electronically each month! Email contact@hmono.org or visit www.HMONO.org to subscribe.

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Olhui

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10:30AM Basic

-Keaukaha

Stretch & Strengthening

5PM Yoga -Keaukaha

*5:30PM Hula

Hypertension -Hilo

5:30PM Zumba

-Keaukaha

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