

Ola Hou i Ka Hula Hypertension Class

Manage and prevent hypertension through hula!



Wednesdays, February 5 - April 29
5:00pm - 6:30pm

Hui Mālama Ola Nā 'Ōiwi Office
1438 Kīlauea Avenue, Hilo

*Sign up today! 25 spots available.
Receive an educational makana when
you attend all classes!
Class is free. Donations accepted.*



Hui Mālama
Ola Nā 'Ōiwi




Funded by Ulu
Community Fund
Program and the
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and Services
Administration

To sign-up or learn more, contact us today!

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