

## Monday

### Hele A Ikaika...Becoming Stronger

#### I Ka `Olelo: `Olelo Hawai`i:

Learn to understand and speak Hawaiian without books, tests, or homework! Classes taught by *Carol Silva*.

**When/Where:** Every Mondays at 9am-10am in Niu Conference Room

#### I Ka Hula: Hula and Polynesian dance taught by Waimānalo kama`aina **Renee Ane**.

She has danced in Waikiki, Tahiti and New York and would love to share dance with you.

**When/Where:** Every Mondays at 10am-11 am in Niu Conference Room

### Mālama Pono`ī-Diabetes Prevention Program

▪ **New Evening Class starts July 10, 2017**

#### Participates must be:

- At least 18-years old
- Able to commit to a 1-year program
- BMI >24 (>22 for Asian)
- At high risk on CDC Prediabetes Screening Test, gestational diabetes, or prediabetes diagnosis
- No previous diagnosis of type 1 or 2 diabetes
- Interested in losing weight and learning about healthy life style.

**When/Where:** Mondays at 5:00pm-6:30pm in Niu Conference Room.

## Tuesday

### Lā`au Lapa`au

**New Evening Class starts July 11, 2017**

Eight weekly sessions to learn the healing qualities of Hawaiian medicinal plants. Learn how to prepare healing teas, juices, poultices, and oils. Mahi Lā`au Lapa`au-learn how to grow your own healing plants.

**When/Where:** Every Tuesdays from 6:30-8:00pm in Goebert Training Center. **Papa Lā`au Lapa`au:**  
**From: July 11, 2017-August 29, 2017**

### Healthy Hearts Group

**New Class starting June 6, 2017**

Four weekly sessions to learn more about how to keep your heart healthy.

**When/Where:** Every Tuesdays from 10:30am-11:30am (Niu Conf. Room).  
**From June 6 to June 27, 2017**

### Diabetes Support Group

Are you looking for peer support to better manage diabetes? If so, come join our diabetes support group.

**When/Where:** Every Tuesdays from 2:30pm-3:30pm (Niu Conf. Room)  
**From: May 23-June 27, 2017**

Updated as of June 2, 2017

## Wednesday

### Houpo Pono Program

**New Class starts July 12, 2017**

A healthy eating & lifestyle program dedicated for people living w/ diabetes.

- **14 weekly** meetings for diabetes self-management education
- Learn how to cook healthy food
- Grow your own vegetables and fruits
- Expert guest speakers in the field

**Class starts:** July 12- October 11, 2017

**When/Where:** Wed. at 9:30am-11:30am in Niu Conference Room

### Happy & Hapai

Prenatal educational series with discussions to promote a happy & healthy pregnancy

**When/Where:** Every 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays from 10am-10:30am in WIC Family Room

### Ka Poli `Ai

#### Breastfeeding Support Group

**When/Where:** Every 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays 10am-10:30am in WIC Family Room

# Thursday

## Lā'au Lapa'au

**New Class starts July 13, 2017**

Eight weekly sessions to learn the healing qualities of Hawaiian medicinal plants. Learn how to prepare healing teas, juices, poultices, and oils. Mahi Lā'au Lapa'au-learn how to grow your own healing plants.

**When/Where:** Every Thursdays from 9am -10:30am in Goebert Training Center

**Papa Lā'au Lapa'au:**

**From July 13, 2017-August 31, 2017**

# Friday



**WAIMĀNALO**  
HEALTH CENTER

41-1347 Kalaniana'ole Highway  
Waimānalo, Hawai'i, 96795-1247

**Your Health Care Home**

*For more information  
Please call:  
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Director of Health Promotion &  
Disease Prevention  
Phone: 954-7103*

Updated as of June 2, 2017