

# 'Ōlelo Hawai'i

Taught by Kumu Carol Silva  
All haumāna welcome

Monday's  
9:00am – 10:00am  
Class offered via Zoom

Call Jadie at (808) 954-7162  
for more information and to RSVP



**WAIMĀNALO**  
HEALTH CENTER

Do you wish there was a road map to  
manage your **DIABETES?**

***Join our Diabetes Self-Management Education programs***

Learn and share healthy lifestyle tips to manage diabetes and  
other chronic conditions

Choose the track  
that's right for you!

## ***Hanapū***

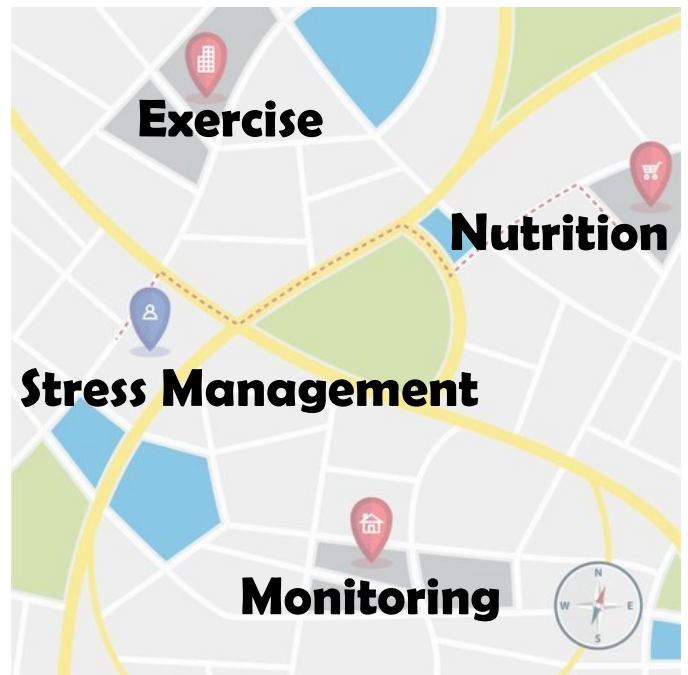
Meet one on one with a  
dietician for five 1-hr sessions

## ***Houpo Pono***

Meet weekly for 2-hr group  
sessions with psychologist,  
dietician and guest speakers



**WAIMĀNALO**  
HEALTH CENTER



***Enroll Today!***

Schedule an appointment  
with our dietician,

Melissa Wong at 259-7948

Are you overweight?

Are you concerned about pre-diabetes?

**DID YOU KNOW?**

**YOU CAN PREVENT DIABETES!**

# **MĀLAMA PONO`I**

Diabetes Prevention Program

Free one year program

Meet once a week with a lifestyle health coach

To sign up and learn more about diabetes prevention  
Call Jadie at (808) 954-7162



**WAIMĀNALO**  
HEALTH CENTER

# FARMER'S MARKET VOUCHER PROGRAM

**\$10**



**WAIMĀNALO**  
HEALTH CENTER

**Are you someone living with Diabetes,  
Prediabetes, Obesity or Hypertension?**

**You may be eligible to receive a \$10 voucher!**

For more information call (808) 954-7124 to set up an  
appointment with dietitian Melissa Wong, RD

**Farmer's Market**

**Wednesday's, 3:30 pm-5:30 pm**

**Waimānalo Health Center**

**41-1347 Kalaniana'ole Hwy**

# Ola Hou I KA HULA



**Do you have high blood pressure?**

**Are you at risk for heart disease?**

**Want to dance hula?**

Join us for **heart health education & free hula instruction** led by a Kumu Hula Ka'olu Luning!

**3-month class starting soon!**

For more information or to register, please contact Jadie at (808) 954-7162



**WAIMĀNALO**  
HEALTH CENTER

