

# Group Class Schedule

## Monday

### I Ka `Ōlelo: `Ōlelo Hawai`i

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

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

### I Ka Hula

Hula and Polynesian dance taught by Waimānalo kama`āina **Renee Ane**. She has danced in Waikīkī, Tahiti, and New York and would love to share dance with you.

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

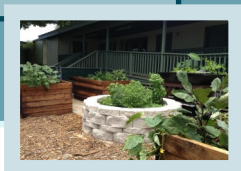
### Houpo Pono Program

A healthy eating & lifestyle program for people living with diabetes.

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

**When/Where:** July 16-October 22, 2018 from 4-6 pm in Goebert Training Center

## Tuesday



### Mālama Pono`ī Diabetes Prevention Program

Having prediabetes does not mean diabetes is in your future! Prediabetes can be reversed. Come find out how in this year-long, lifestyle change program specifically developed to help you prevent type 2 diabetes.

#### Participants 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 a healthy life style.

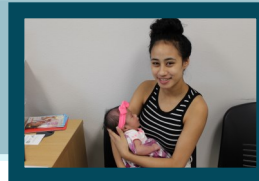
**When/Where:** Tuesdays from 10-11:30 am in Niu Conference Room

## Wednesday

### Mālama Pono`ī Diabetes Prevention Program

Having prediabetes does not mean diabetes is in your future! Prediabetes can be reversed. Come find out how in this year-long lifestyle change program specifically developed to help you prevent type 2 diabetes. See Tuesday listing for participation requirements.

**When/Where:** Tuesdays from 4:00-5:30 pm at Job Corps



### Ka Poli `Ai Breastfeeding Support Group

A community for mothers, mothers-to-be, and those who want to learn more about ways to nourish their keiki.

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

## Thursday

### Lā`au Lapa`au

**New Class starts October 4<sup>th</sup>**

**Six 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:** October 4-November 8, 2018 from 9-11 am in Goebert Training Center

### Happy & Hāpai

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

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



For more information, please call:  
**Becky Roberts**  
Director of Health Promotion & Disease Prevention  
Phone: 954-7103