



Group Class Schedule

Monday



Mālama Pono ʻĪ 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: New Class Starting in April 2019

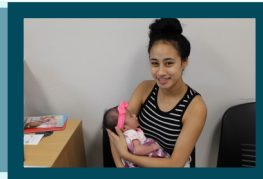
Wednesday

Houpo Pono Diabetes 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: February 13 through May 22 from 10 am- 12 pm in Goebert Training Center



Ka Poli ʻAi 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 1st & 3rd Wednesdays from 10am-10:30am in WIC Family Room

Thursday

Lāʻau Lapaʻau

Six weekly sessions to learn the healing qualities of Hawaiian medicinal plants. Learn how to prepare healing teas, juices, poultices, and oils. Mahi Lāʻau Lapaʻau-learn how to grow your own healing plants.

When/Where: February 7 through March 14 from 9-11 am in Goebert Training Center

Happy & Hāpai

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

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



Friday

ʻAipono Meal Planning Class

Have you ever wished someone would just write a meal plan for you? That person could be YOU! Join our Registered Dietitians for a 2-hour class to learn the basics of healthy eating and planning meals.

When/Where: Monthly Classes Starting in April 2019



Grocery Store Tours

These days, grocery stores can be intimidating with so many products available. Join our Register Dietitians for a 1.5 hour Cooking Matters at the Store tour to learn to read food labels, compare unit prices, pick produce, and shop healthy on a budget.

When/Where: Monthly Classes Starting in April 2019

For more information, please call:
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