

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 Monday at 9-10am 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 Monday at 10-11 am in Niu Conference Room

Mālama Pono`ī-Diabetes Prevention Program

- **Class** started January 16, 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 10-12pm in Goebert Training Center.

***no new enrollment at this time**

Tuesday

Houpo Pono Program

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 started January 10, 2017

When/Where: Tuesdays at 2:30-4:30pm in Niu Conference Room

Lā`au Lapa`au

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: Every Tuesday from 6:30-8pm in Goebert Training Center

Papa Lā`au Lapa`au:
January 31- March 14, 2017

Wednesday

Happy & Hapai

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

When/Where: Every 2nd & 4th Wednesday from 10-10:30 am in WIC Family Room

Ka Poli `Ai

Breastfeeding Support Group

When/Where: Every 1st & 3rd Wed. 10-10:30am in WIC Family Room

Hui Ola

Eight weekly sessions for Keiki after school support group. Learn about Hawaiian principles for wellness and pair up with healthy cooking.

When/Where: Every Wednesday from 2:45-4:15 pm in Niu Conference Room

Jan.25-March 15, 2017 (8 sessions)
April 5-May 24, 2017 (8 sessions)

Thursday

Lā'au Lapa'au

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: Every Thursday from 10-11:30am in Goebert Training Center

Papa Lā'au Lapa'au:
January 26 -March 2, 2017

Friday

Mālama Pono'ī-Diabetes Prevention Program *

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- At least 18-years old
- Able to commit to a 1-year program
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- No previous diagnosis of type 1 or 2 diabetes
- Interested in losing weight and learning about healthy life style.

When/Where: Fridays from 9-11am in Goebert Training Center.

***no new enrollment at this time**

Updated as of February 3, 2017

Group Classes



WAIMĀNALO
HEALTH CENTER

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Your Health Care Home