

HMSA HEALTH EDUCATION

Registration Required. Please call 948-6398 or 1-800-525-6548.
Dates and times subject to change.

STRESS MASTER						
MONTH	DAY	DATES	TIMES	LOCATION	CLASS NUMBER	FACILITATOR
JULY	TUESDAY	JUL 21, 28 AUG 4, 11, 18	5:30 - 7:30 PM	MAUI BRANCH OFFICE	SM0941	GENE CORPUZ
	THURSDAY	JUL 23, 30 AUG 6, 13, 20	5:30 - 7:30 PM	KAIMUKI	SM0942	STEPHEN MCCALL
SEPTEMBER	TUESDAY	SEP 8, 15, 22, 29 OCT 6	9:00 - 11:00 AM	KAUAI HEALTHPASS OFFICE	SM0951	JEFF KENNEDY
	SATURDAY	SEP 12, 19, 26 OCT 3	9:00 - 11:00 AM	HMSA CENTER	SM0952	STEPHEN MCCALL
MEDITATION FOR HEALTH						
MONTH	DAY	DATES	TIMES	LOCATION	CLASS NUMBER	FACILITATOR
JULY	WEDNESDAY	JUL 22, 29 AUG 5	5:30 - 7:30PM	HMSA CENTER	MH0941	STEPHEN MCCALL
AUGUST	SATURDAY	AUG 8, 15, 22	9:00 - 11:00 AM	AIEA INTERMEDIATE SCHOOL	MH0942	STEPHEN MCCALL
SEPTEMBER	TUESDAY	SEP 8, 15, 22	5:30 - 7:30PM	HMSA CENTER	MH0951	STEPHEN MCCALL
	TUESDAY	SEP 8, 15, 22	5:30 - 7:30PM	KONA HEALTHPASS OFFICE	MH0952	LINDA LANNING
BODY POWER						
MONTH	DAY	DATES	TIMES	LOCATION	CLASS NUMBER	FACILITATOR
JULY	SATURDAY	JUL 18, 25 AUG 1	9 - 11AM	HMSA CENTER	BP0941	PETE CLINES
SEPTEMBER	THURSDAY	SEP 3, 10, 17	5 - 7PM	KAUAI HEALTHPASS OFFICE	BP0951	JEFF KENNEDY
	TUESDAY	SEP 15, 22, 29	5:30 - 7:30PM	MAUI BRANCH OFFICE	BP0952	PETE CLINES
	WEDNESDAY	SEP 16, 23, 30	9 - 11AM	MAUI BRANCH OFFICE	BP0953	PETE CLINES
	WEDNESDAY	SEP 16, 23, 30 SEP 17, 24 OCT 1	9:30 - 11:30AM	POHAI NANI	BP0954	GENE CORPUZ
	THURSDAY	SEP 17, 24 OCT 1	5:30 - 7:30PM	HMSA CENTER	BP0955	PETE CLINES
MISSION: NUTRITION						
MONTH	DAY	DATES	TIMES	LOCATION	CLASS NUMBER	FACILITATOR
JULY	MONDAY	JUL 20, 27	2:30 - 5PM	HALE O KAPOLEI	MN0941	KENDIS TEHO
	TUESDAY	JUL 21, 28	9 - 11:30AM	KAUAI HEALTHPASS OFFICE	MN0942	JEFF KENNEDY
	WEDNESDAY	JUL 22, 29	9 - 11:30AM	MAUI BRANCH OFFICE	MN0943	GENE CORPUZ
AUGUST	THURSDAY	AUG 6, 13	9:30AM - 12PM	KAIMUKI	MN0944	KENDIS TEHO
SEPTEMBER	WEDNESDAY	SEP 9, 16	5:30 - 8:00PM	KAIMUKI	MN0951	KENDIS TEHO
	SATURDAY	SEP 12, 19	9 - 11:30AM	AIEA INTERMEDIATE SCHOOL	MN0952	GENE CORPUZ
	MONDAY	SEP 14, 21	9:30AM - 12PM	HILO BRANCH OFFICE	MN0953	LEI SHINODA
	MONDAY	SEP 14, 21	5:30 - 8:00PM	HILO BRANCH OFFICE	MN0954	LEI SHINODA
HEALTHY EATING FOR FAMILIES						
MONTH	DAY	DATES	TIMES	LOCATION	CLASS NUMBER	FACILITATOR
JULY	TUESDAY	JUL 21, 28	5:30 - 7:00 PM	KAIMUKI	HE0941	KENDIS TEHO
	THURSDAY	JUL 23, 30	5 - 6:30PM	KAUAI HEALTHPASS OFFICE	HE0942	JEFF KENNEDY
AUGUST	WEDNESDAY	AUG 5, 12	9:00 - 10:30AM	MAUI BRANCH OFFICE	HE0943	GENE CORPUZ
SEPTEMBER	WEDNESDAY	SEP 23, 30	9:30 - 11AM	KAIMUKI	HE0951	KENDIS TEHO
ENGAGING IN AGING						
MONTH	DAY	DATES	TIMES	LOCATION	CLASS NUMBER	FACILITATOR
JULY	SATURDAY	JUL 25 AUG 1	9:00 - 11:30 AM	AIEA INTERMEDIATE SCHOOL	EA0941	RODNEY LAVARIAS
AUGUST	WEDNESDAY	AUG 5, 12	9:30AM - 12PM	KAIMUKI	EA0942	RODNEY LAVARIAS
	MONDAY	AUG 17, 24	9:30AM - 12PM	HILO BRANCH OFFICE	EA0943	LEI SHINODA
	MONDAY	AUG 17, 24	5:30 - 8PM	HILO BRANCH OFFICE	EA0944	LEI SHINODA
SEPTEMBER	THURSDAY	SEP 10, 17	9 - 11:30AM	HALE O KAPOLEI	EA0951	RODNEY LAVARIAS
	THURSDAY	SEP 24 OCT 1	9:30AM - 12PM	KAIMUKI	EA0952	RODNEY LAVARIAS
STRONG, STRAIGHT, & STEADY						
MONTH	DAY	DATES	TIMES	LOCATION	CLASS NUMBER	FACILITATOR
JULY	TUESDAY	JUL 21, 28	3 - 5:30PM	KONA BRANCH OFFICE	SS0941	LINDA LANNING
	WEDNESDAY	JUL 22, 29	9:00 - 11:30AM	POHAI NANI	SS0942	RODNEY LAVARIAS
AUGUST	TUESDAY	AUG 4, 11	9:30AM - 12:00PM	KAIMUKI	SS0943	RODNEY LAVARIAS
	SATURDAY	AUG 8, 15	9:00 - 11:30AM	HMSA CENTER	SS0943	GENE CORPUZ
SEPTEMBER	TUESDAY	SEP 22, 29	9:30AM - 12:00PM	KAIMUKI	SS0951	RODNEY LAVARIAS
	SATURDAY	SEP 26 OCT 3	9:00 - 11:30AM	AIEA INTERMEDIATE SCHOOL	SS0952	RODNEY LAVARIAS