

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
JANUARY	TUESDAY	JAN 19, 26 FEB 2, 9	930AM - 1130AM	POHAI NANI	SM1012	GENE CORPUZ
	WEDNESDAY	JAN 20, 27 FEB 3, 10	530PM - 730PM	HMSA KAIMUKI OFFICE	SM1011	GENE CORPUZ
	SATURDAY	JAN 23, 30 FEB 6, 13	9AM - 11AM	AIEA INTERMEDIATE SCHOOL, LIBRARY	SM1013	STEPHEN MCCALL
MEDITATION FOR HEALTH						
MONTH	DAY	DATES	TIMES	LOCATION	CLASS NUMBER	FACILITATOR
JANUARY	THURSDAY	JAN 21, 28 FEB 4	530PM - 730PM	HMSA CENTER	MH1011	STEPHEN MCCALL
	TUESDAY	JAN 26 FEB 2, 9	530PM - 730PM	HMSA MAUI BRANCH OFFICE	MH1012	STEPHEN MCCALL
	WEDNESDAY	JAN 24 FEB 3, 10	9AM - 11AM	HMSA MAUI BRANCH OFFICE	MH1013	STEPHEN MCCALL
BODY POWER						
MONTH	DAY	DATES	TIMES	LOCATION	CLASS NUMBER	FACILITATOR
JANUARY	TUESDAY	JAN 19, 26 FEB 2	530PM - 730PM	HMSA CENTER	BP1011	PETE CLINES
	THURSDAY	JAN 21, 28 FEB 4	5PM - 7PM	HMSA KAUAI HEALTHPASS OFFICE	BP1012	JEFF KENNEDY
	MONDAY	JAN 25 FEB 1, 8	530PM - 730PM	HMSA HILO BRANCH OFFICE	BP1013	LEI SHINODA
	TUESDAY	JAN 26 FEB 2, 9	530PM - 730PM	HMSA KONA HEALTHPASS OFFICE	BP1014	LINDA LANNING
REAL WORLD NUTRITION						
MONTH	DAY	DATES	TIMES	LOCATION	CLASS NUMBER	FACILITATOR
JANUARY	SATURDAY	JAN 30	9AM - 130PM	HMSA CENTER	RW1011	KENDIS TEHO
FEBRUARY	THURSDAY	FEB 4, 11	930AM - 1130AM	HMSA KAIMUKI OFFICE	RW1012	KENDIS TEHO
ENGAGING IN AGING PLUS						
MONTH	DAY	DATES	TIMES	LOCATION	CLASS NUMBER	FACILITATOR
JANUARY	TUESDAY	JAN 19, 26 FEB 2	9AM - 11AM	HMSA KAUAI HEALTHPASS OFFICE	EA1011	JEFF KENNEDY
FEBRUARY	TUESDAY	FEB 2, 9, 16	930AM - 1130AM	HMSA KAIMUKI OFFICE	EA1012	RODNEY LAVARIAS
STRONG, STRAIGHT, & STEADY						
MONTH	DAY	DATES	TIMES	LOCATION	CLASS NUMBER	FACILITATOR
JANUARY	THURSDAY	JAN 21, 28	9AM - 1130AM	HMSA KAPOLEI OFFICE	SS1011	RODNEY LAVARIAS
	MONDAY	JAN 25 FEB 1	9AM - 1130AM	HMSA HILO BRANCH OFFICE	SS1012	LEI SHINODA
FEBRUARY	WEDNESDAY	FEB 3, 10	930AM - 1130AM	HMSA KAIMUKI OFFICE	SS1013	RODNEY LAVARIAS
	SATURDAY	FEB 6, 13	9AM - 1130AM	HMSA CENTER	SS1014	RODNEY LAVARIAS