

## FREE Health Education Workshops from HMSA

**YMCA Kalihi**  
**1335 Kalihi St.**

**Friday, January 15, 12pm – 1pm**

### **Wellness 101**

Small steps towards big improvements in your health

- ✓ Discover the “Stages of Change”
- ✓ Practice moderation at meal times
- ✓ Explore ways to become more active
- ✓ Try a stress management activity



**Monday, January 25, 6pm – 7pm**  
**Healthy Eating Island Style**

Come find out how our favorite local foods fit into a healthy way of eating!

If you are interested in attending, registration is required.

**Please call 432-9220 or  
register in person at the Welcome Desk.**