Inspire People. Inform Choices. Improve Health.

At Kaiser Permanente, we’re committed to your total well-being—mind, body, and spirit—because we understand that being healthy is not just about living, it’s about living well. Take charge of your health today!

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Cancer

Breast Cancer Boot Camp (MEMBERS ONLY)
This supportive group, led by volunteer breast cancer survivors, is designed to help others navigate their own breast cancer journey – through listening, sharing and caring. For members recently diagnosed, this group offers a better understanding from those who have already “walked the walk”. Please bring your questions.

Fee: No charge
Location: Maui Lani Medical Office
Dates/time: July 16, Aug. 13, Sept. 17, Oct. 2, 16, Nov. 13, Dec. 10; 6-7:30 pm
For more information: Call Coleen d’Avignon at 808-281-5295

Cancer Support Groups
Find comfort, renewed hope, and strength in these weekly support groups offered by Pacific Cancer Foundation.

Fee: No charge
Location: Pacific Cancer Foundation Office, Cameron Center, 95 Mahalani Street, Suite 8, Wailuku
Dates/time: Mondays, 5:30-6:45 pm for cancer patients and survivors
Dates/time: Tuesdays, 5:30-6:45 pm for caregivers
Dates/time: 3rd Thursdays, 6-7 pm for kids
For more information: Call Pacific Cancer Foundation at 808-242-7661 or Linda at 808-269-3948 or visit www.pacificcancerfoundation.org
Instructor: Linda Tesar-Amimoto, LMFT, CGT

Lifestyle Coaching (MEMBERS ONLY)
Get the motivation and guidance you need to take an active role in your health with our wellness coaches. Whether you’re trying to get more active, eat better, manage your weight, quit tobacco, or reduce stress, scheduling a convenient telephone session with your personal coach can help you create—and stick with—a plan for reaching your goals.

Fee: No charge
To make a telephone appointment: Call 808-432-2260

Caring Connections – Breast Cancer Peer Mentoring Program (MEMBERS ONLY)
Being diagnosed with breast cancer can bring up many feelings such as fear, uncertainty, or helplessness. But you are not alone. You have a choice of connecting with a breast cancer survivor to help and support you through your journey.

Fee: No charge
To request a peer mentor: Call toll free 1-844-416-4434

Gentle Yoga for Cancer Survivors
This class is a collaborative effort between the Pacific Cancer Foundation and Imua Physical Therapy. It is open to cancer survivors of any experience level and during all phases of treatment. The class builds strength, flexibility and balance in safe ways. Stimulate the immune system, build bone density, detoxify the body and cultivate a sense of well-being. Create community, gratitude and hope.

Fee: No charge for cancer survivors
Location: Imua Physical Therapy, 411 Huku Li’i Place, Suite 101, Kihei
Date/time: Saturdays, 9-10 am
For more information: Call Pacific Cancer Foundation at 808-242-7661 or Imua Physical Therapy at 808-879-0077
Instructor: Jacky Mulder, Imua Physical Therapy
**Meditation**
This class offers meditation and tools that allow us to live in the present moment, ground and find our center, and fill ourselves with healing energy. Simple, easy-to-follow meditations and visualizations that can provide immediate relaxation benefits.

**Fee:** No charge for cancer patients, survivors and caregivers

**Location:** Pacific Cancer Foundation Office, Cameron Center, 95 Mahalani St., Suite 8, Wailuku

**Date/time:** Mondays, 5-5:30 pm

**For more information:** Call Pacific Cancer Foundation at 808-242-7661 or visit www.pacificcancerfoundation.org

**Instructor:** Carla Jalbert

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**Men’s Talk Story Conference Call**
These online meetings are for men dealing with the life changing diagnosis of cancer, including but not limited to: prostate, colorectal, bladder and lung cancer. The meetings focus on peer-to-peer support, education and advocacy. We are here to help!

**Fee:** No charge

**Location:** Online. Join the meeting from a computer, tablet or phone. To call in, dial 646-749-3129 and enter code 222-583-973# and then # again. Or join online at www.pacificcancerfoundation.org/mens-talk-story/

**Date/time:** Every 1st and 3rd Wednesday, 5:30-7 pm

**For more information:** Call Pacific Cancer Foundation at 808-242-7661 or Peter Kafka at 808-298-1655 or email peterk@ancan.org

**Instructor:** Peter Kafka
(In partnership with Answer Cancer Foundation)

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**Nutritional Support for Cancer Patients**
The Pacific Cancer Foundation provides nutritional counseling to cancer patients before, during and after treatment to help prevent or resolve nutritional deficiencies, achieve and maintain a healthy weight, preserve body mass and minimize nutrition related side effects. Individual counseling sessions and monthly workshops are available.

**For more information:** Call Sally Pechstein, MPH, RDN at 808-866-8142 or email sally@pacificcancerfoundation.org

**Qi Gong for Cancer Patients and Survivors**
This class is a collaborative effort between the Pacific Cancer Foundation and the YMCA. The class uses the gentle movements of Dragon and Tiger Qi Gong to release stress and maintain strength and energy.

**Fee:** No charge for cancer patients/survivors

**Location:** Maui Family YMCA, Kahului

**Dates/time:** Fridays, 3-4 pm

**For more information:** Call Pacific Cancer Foundation at 808-242-7661 or Kurt at 808-268-9622

**Instructor:** Kurt Miyajima

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**Diabetes**

**Diabetes Skills and Basics (MEMBERS ONLY)**
Get the skills you need to manage your diabetes whether you are newly diagnosed or have had diabetes for a while. Practice meal planning, develop a self-care plan, and learn how to use your blood sugar meter.

**Pre-registration required.** (Dates subject to change.)

**Fee:** Usual co-pay

**Location 1:** Lahaina Clinic

**Dates/times:** Tuesday, July 9, Sept. 10, or Nov. 12; 1:30-4:30 pm

**Registration:** Call 808-243-6000

**Location 2:** Maui Lani Medical Office

**Dates/time:** Thursday, Jul. 25, Aug. 22, Sept. 26 or Oct. 24; 10 am-1 pm

**Dates/time:** Friday, July 12, Aug. 9, Sept. 26 or Oct. 24; 2-5 pm

**Dates/time:** Friday, Nov. 8 or Dec. 13; 1-4 pm

**Registration:** Call 808-243-6000

**Instructor:** Kaiser Permanente Dietician

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**kp.org/cancer**—you’re still in control of your life and have choices about your care. Topics include:
- Diagnosis and treatment
- Living with cancer
- Emotional wellness
- Support groups
- Research and clinical trials

**kp.org/watch**—view videos on:
- Cancer: Coping
- Cancer: Chemotherapy
- Cancer: Radiation Therapy
Stop Prediabetes In Its Tracks (MEMBERS ONLY)
Take the first steps to lower your risk for developing diabetes. Find an eating, exercise, and stress management plan that works for you. Choose goals that set you up for success. Parents are required to attend on behalf of their child. Pre-registration required. (Dates subject to change).
Fee: No charge
Location 1: Lahaina Clinic
Dates/time: Tuesday, July 9, Sept. 10 or Nov. 12; 10-11:30 am
Registration: Call 808-243-6000
Location 2: Maui Lani Medical Office
Dates/time: Saturday, July 20, Aug. 17, Oct. 19, Nov. 16, or Dec. 21; 8:30-10 am
Registration: Call 808-243-6000
Instructor: Kaiser Permanente Dietitian

Type 1 Diabetes Connection
If you have or love someone with Type 1 Diabetes then you are part of the (dia)Betic Army! This group is open to anyone and meets once a month.
For more information: Call Bruce Olsten at 808-264-1299 or Lucia Maya at 808-866-8246, email MauiBeticArmy@gmail.com or visit our Facebook group page at https://www.facebook.com/groups/MauiBeticArmy

Exercise and Fitness
Lunchtime Tai Chi
Tai chi is like “meditation in motion” because it promotes serenity through gentle movements, connecting the mind and body. Wear comfortable clothing, flat sandals, and hat & sun protection. Meet at the State Building courtyard by the flagpole.
Fee: No charge
Location: 54 High St., Wailuku
Dates/time: Mondays & Thursdays, 12-12:45 pm
For more information: Call 808-984-8200 (Sponsored by Hawaii Health Dept.)

Movement and Exercise Classes for Parkinson Patients
This class is open to Parkinson patients and caregivers/companions.
Fee: No charge
Location: Hale Mahaolu, 11 Mahaolu Street, Kahului
Dates/time: Tuesdays & Thursdays, 10-11 am
For more information: Call Risa Pascal at 808-281-1224 or email fitqueen007@earthlink.net

Nutrition and Weight Management
Get Your Plate In Shape (MEMBERS ONLY)
Do you wonder what diet is best for you? Should you follow the Mediterranean, plant-based, lower carb or another plan? Learn about how foods can improve your health and which eating style may be most beneficial for your specific health condition(s).
Pre-registration required.
Fee: No charge
Location: Maui Lani Medical Office
Dates/time: Friday, Jul. 26, Sept. 27 or Nov. 22; 12-1:30 pm
Registration: Call 808-243-6000
Instructor: Kaiser Permanente Dietitian

Healthy Kids, Healthy Families (MEMBERS ONLY)
Healthy habits begin at home. We will cover eating and meal tips to improve health and energy. Families with children ages 6 to 17 can learn together on how to create a healthy lifestyle.
Attendance by parent(s) and pre-registration required.
Fee: No charge
Location: Maui Lani Medical Office
Date/time: Saturday, July 20, Aug. 17, Oct. 19, Nov. 16 or Dec. 21; 10:30 am-12 pm
Registration: Call 808-243-6000
Instructor: Naomi Carreno, RD

visit us at kp.org/classes
Viva Veggies – Intro to a Plant Strong Diet  
(MEMBERS ONLY)  
Learn about Plant Strong eating and how it can improve your health and sense of wellbeing. This 90-minute class will help you understand the elements and benefits of a plant strong diet and provide recipes and cooking tips to transition to a healthier life. Pre-registration required.  
Fee: No charge  
Location: Maui Lani Medical Office  
Dates/time: Tuesday, July 30 or Oct. 29; 12-1:30 pm  
Dates/time: Thursday, Aug. 15, Sept. 26 or Nov. 14; 4-5:30 pm  
Dates/time: Thursday, 12/19; 4:30-6 pm  
Registration: Call 808-243-6000  
Instructor: Kaiser Permanente Dietitian  

Weight Watchers  
For complete information about Weight Watchers programs in Hawaii, call 1-800-651-6000. To find a meeting location near you, log onto www.weightwatchers.com and click on “Find a Meeting” and type in your nearest city or zip code.  

Advance Health Care Directives  
Discover the importance of documenting end of life decisions, health care, power of attorney, and more. Make decisions now so that your family and friends know exactly what you want in the event you are unable to care for yourself or express your wishes.  
Fee: No charge  
Date/time: Oct. 10, 6-7:30 pm  
Registration: Call 808-270-7308 (Kaunoa)  
Instructor: Greg LaGoy, ND, Hospice Maui  

Couples Communication  
The heart of a healthy relationship is good communication. Learn ways to bring up difficult topics, reduce defensiveness, and understand each other’s perspective. Specifically designed for couples in a committed relationship.  
Pre-registration required.  
NOTE: One participant from each couple must be a Kaiser member.  
Fee: (4 classes) $100 member, $80 employee  
Location: Maui Lani Medical Office  
Dates/time:  
Session 1: Thursdays, Aug. 29-Sept. 19; 5:30-7 pm  
Session 2: Thursdays, Nov. 7-Nov. 21; 6-7:30 pm  
For a referral: Call 1-888-945-7600, Option 1  

Patient Education  
Adult/Child CPR with AED and Basic First Aid  
Gain skills to perform adult cardiopulmonary resuscitation (CPR) and learn to use an automated external defibrillator (AED). You will also learn how to handle fainting, wounds, bleeding, seizures, allergic reactions and more. You’ll receive an American Heart Association Heartsaver First Aid and CPR AED Card, valid for 2 yrs.  
Fee: $75 member, $80 nonmember  
Date/time: Call 808-243-6325  
(Pre-recorded message with dates/details)  
Registration: Call 808-243-6484  

For more information:  
Call 808-432-7830
Kidney Education (MEMBERS ONLY)
Learn how kidneys function and how you can manage chronic kidney disease with proper diet, exercise and medications. Note: A nephrology referral is required to attend.
Pre-registration required.
Fee: Usual office visit co-pay
Location: Wailuku Medical Office
Registration: Call 808-243-6167
Instructors: Dana Newinsky, RN, Ramona Corson, PharmD

The Aging Eye
Our eyes change as we get older. This class will help you understand the eye and how chronic conditions and diseases of the eye can cause vision impairment. Everyone’s vision deteriorates with age but there are ways to lessen its impact. Gain knowledge in the latest advancements.
Fee: No charge
Location: Maui Lani Medical Office
Date/time: Nov. 4, 6-7:30 pm
Registration: Call 808-270-7308 (Kaunoa)
Instructor: Raymond Glauser, O.D.

Pregnancy and Parenting

Basic Infant Care
Learn everything you need to know when it comes to the basics of baby care. Topics include: your baby’s hospital stay, coping with crying, Dr. Karp “No Crying” training, sponge and tub bathing, diapering, layette and equipment needs.
Fee: $120 (per family)
Location: Valley Isle Childbirth, Olinda
Date/time: Aug. 24, Oct. 5 or Nov. 23; 10 am-3:30 pm (lunch break mid-day)
Registration: Call 808-572-5237 or visit www.valleyislechildbirth.com
Instructor: Nancy Irvine, Childbirth Educator

Breastfeeding and Working
This topic needs a class all by itself. Working mothers need to know when and how to collect their milk and how to safely store and feed it to the baby. You will also learn the best pump for your working situation, how to organize your pumping in the workplace and supplies needed.
Fee: $15 per family
Location: Valley Isle Childbirth, Olinda
Dates/time: Sept. 7, Oct. 19 or Dec. 7; 12:30-1:30 pm
Registration: Call 808-572-5237 or visit www.valleyislechildbirth.com.
Instructor: Nancy Irvine, Childbirth Educator

Breastfeeding 101
Expectant mothers gain in-person knowledge on proper latch-on techniques, prevention of problems and how to know if baby is getting enough milk. Fathers, partners and significant others are welcome to accompany the mother to learn the benefits of breastfeeding, how the lactation system works, how to support the new mother and newborn in the first month of life. Open to the public. Pre-registration required.
Fee: $45 for group classes for Kaiser members, $55 private class in your home (pay instructor directly)
Location: Group classes offered in Wailuku and Kaiser Maui Lani Medical Office
Registration: Text or call 808-283-7139 or email mauidoula@hotmail.com for specific dates and times.
Instructor: Beautiful Informed Beginnings, LLC–Mary Jane Bennett, IBCLC, LCCE, CD (DONA), ECE
Childbirth Retreat
Gain a thorough understanding of the birthing process in this one-day workshop. Receive training in both the Lamaze and Bradley birthing techniques and learn how your labor partner can play an active role in the birth of the baby.

**Fees:** $135 per family – Discount available for Kaiser Members

**Location:** Valley Isle Childbirth, Olinda

**Dates/time:** Aug. 10, Sept. 28, Nov. 16 or Dec. 14, 10 am-4:30 pm (lunch break mid-day)

**Registration:** Call 808-572-5237 or visit www.valleyislechildbirth.com

**Instructor:** Nancy Irvine, Childbirth Educator

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**Introduction to the Kaiser Permanente Birth Experience (MEMBERS ONLY)**
Labor and delivery is different for every woman, but there are simple steps you can take to prepare yourself for this life-changing experience. Understanding the process and being as prepared as possible will help you feel more relaxed and in control. This class series will help you get ready for labor, birth, and the first few weeks after your baby is born. Topics covered are:
- Signs of labor
- Pain management options
- The delivery experience
- Breastfeeding
- Newborn care

Enroll early enough to participate in the class between 6-8 months of pregnancy. **Pre-registration required.**

**Fee:** $20.00 (2 classes, partners welcome)

**Location:** Wailuku Medical Office

**Dates/time:** Wednesdays, 4:30-6:30 pm

**Session 1:** Aug. 21 & Aug. 28

**Session 2:** Oct. 16 & Oct. 23

**Session 3:** Dec. 4 & Dec. 11

**Registration:** Call 808-432-2260

**Instructors:** Natalie Marcus, RN, Uilani Gerard, RN, and Kathryn Kaufmann, RN

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**Keiki Passenger Safety**
Is your child’s car seat or booster seat installed properly? Find out by getting it checked by a child passenger safety technician certified by the National Highway Traffic Safety Administration (NHTSA).

**Fee:** No charge

**Registration:** Call 808-243-6187

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**La Leche League International Maui Chapter (BREASTFEEDING)**
La Leche League International is open to breastfeeding women or those planning to breastfeed. It offers a space for you to share experiences and gain encouragement and support from others. Open to the public.

**Fee:** No charge

**Location:** Please call, text or email for location

**Date/time:** Every 4th Thursday of the month, 10-11:30 am

**Registration:** Text or call 808-283-7139 or email mauidoula@hotmail.com

**Instructor:** Mary Jane Bennett, IBCLC, LCCE, CD (DONA), ECE, Lamaze Certified Childbirth Educator

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**Lamaze Certified Prepared Childbirth Classes**
Enjoy hands-on, experiential group or customized private classes. Learn about the stages and phases, and the anatomy and physiology of labor and birth. Your partner will become more confident in the ability to comfort you in labor and you will both learn coping skills for labor and birth. Gain valuable tools & resources to increase your satisfaction with your birth experience. Whether you decide to have medication or not during labor, the information you gather in this class will prove very valuable no matter what you choose. Open to the public.

**Fee:** $170 Group Class offered in Wailuku or $200 Private Class in your own home ($20 discount for Kaiser Permanente members)

**Registration:** Text or call 808-283-7139 or email mauidoula@hotmail.com for dates and times and location.

**Instructor:** Beautiful Informed Beginnings, LLC – Mary Jane Bennett, IBCLC, LCCE, CD (DONA), ECE, Lamaze Certified Childbirth Educator

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**WANT TO KNOW MORE?**
- Visit kp.org/pregnancy for fertility calculators, baby’s development week by week, common tests and procedures and much more!
- Go to kp.org/video to watch a video on newborn care
- Visit kp.org/listen to stream or download podcasts on relaxation, sleep, and pregnancy and childbirth

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for fertility calculators, baby’s development week by week, common tests and procedures and much more!

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Self Care

Complementary Care
Take care of the whole you—for less than you might think. As a Kaiser Permanente member, you’re eligible for discounted rates for complementary and alternative treatments. ChooseHealthy offers a directory of complementary care providers, an online store, savings on health products and more.

You’ll find discounted rates on:
• Acupuncture
• Massage therapy services
• Fitness club memberships
• Chiropractic care
• Herbs, vitamins, and supplements
• Health and fitness books/videos

For more information:
Call 1-877-335-2746 (toll free) or visit kp.org/choosehealthy/hi

Healing Touch Clinic
Healing Touch is a relaxing, nurturing energy therapy that uses gentle touch to assist in balancing physical, mental, emotional, and spiritual well-being. Healing Touch works with your energy field to support your natural ability to heal. It is safe for all ages and works in harmony with standard or allopathic medical care. A session lasts for one hour and is provided by volunteer practitioners. Benefits may include stress reduction, decrease in pain and anxiety, and support the healing process.

Fee: No charge

Location: Maui Lani Medical Office

Date/time: Offered two Tuesdays a month, 5:30 or 6:30 pm appointment times

Registration: Call 808-243-6330

Healing Touch 2-day Workshop
(FOUNDATIONS OF HEALING TOUCH 1)
This gentle form of alternative healing uses hands-on, energy based techniques. Learn the power of touch to promote relaxation, reduce pain and anxiety, speed the healing process, and bring balance to the mind, body and spirit. You’ll learn energy anatomy and get hands-on experience giving and receiving heart centered techniques that support health and healing.

Completing this class will qualify you to receive 18 hours of CNE for nurses, and 15 hours for massage therapists.

Fee: $225 Kaiser member, $250 non-member

Location: Hospice Maui, 400 Mahalani Street, Wailuku

Dates/time: Dec. 7 & 8; 8 am-6 pm (Register by Nov. 21)

Registration: Call 808-344-2823 or email seporterslcn@hotmail.com

Instructor: Sarah Porter, PhD, RN, CHTP

Mindfulness-Based Stress Reduction Program (MBSR), Part 1
(OPEN TO THE COMMUNITY)
Continue to develop and improve your mindfulness skills with this 4-week series. You’ll practice meditation, body awareness and mindful movement based on the teachings of Jon Kabat-Zinn, Ph.D. MBSR is supported by nearly thirty years of scientific research. Whether you have a specific medical condition, want to manage stress, or are just focused on taking good care of yourself, this class is for you!

Pre-registration required.

Fee: $95 (fee includes materials – 2 workbooks and a CD)

Location: Maui Lani Medical Office

Dates/time: Tuesdays, Oct. 8-Oct. 29; 5-7 pm

Registration: Call 808-432-2260

Instructor: Melissa Sutor, MS, MA

Introduction to the Mindfulness-Based Stress Reduction Program
(OPEN TO THE COMMUNITY)
Discover tools to help you calm the mind and body, and increase your ability to cope with stress, pain, and challenges of everyday life. During this class, you’ll learn what mindfulness is and how it can improve your health and overall well-being. You’ll experience first-hand, the mindfulness practices that will be used during the MBSR program.

Pre-registration required.

Fee: No charge

Location: Maui Lani Medical Office

Dates/time: Tuesday, Oct. 1; 5-7 pm

Registration: Call 808-432-2260

Instructor: Melissa Sutor, MS, MA
Mindfulness-Based Stress Reduction Program (MBSR), Part 2
(OPEN TO THE COMMUNITY)
Expand your mindfulness-based stress reduction skills by participating in our advanced series of classes. In these classes, you will learn to:

- Acknowledge your feelings and express them effectively
- Determine when and how to “let go”, and gain skillful communication for interpersonal relationships
- Gain self-reliance by also practicing on your own without the program CD
- Integrate all foundations by keeping up the formal and informal mindfulness practices and create a plan to move forward

**Note:** Completion of part 1 necessary to participate in part 2 classes. Materials purchased in part 1 will be used in part 2.

**Pre-registration required.**

**Fee:** $60 (4 classes)

**Location:** Maui Lani Medical Office

**Dates/time:**
- Session 1: Wednesdays, Aug. 7, 14, 21, 28, Sept. 4, 11; 6-7 pm
- Session 2: Tuesdays, Oct. 22, 29, Nov. 5, 12, 19, 26; 9:30-10:30 am

**Registration:** Call 808-432-2260

**Instructor:** Melissa Sutor, MS, MA

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**Tobacco Free**

**Freedom Kit**
This free easy to use kit provides tips and resources to help you quit on your own. Call 808-243-6484 to have one mailed to you today!

**HealthMedia® Breathe (MEMBERS ONLY)**
This award-winning online program gives you a personalized quit plan to decrease tobacco dependency, manage withdrawal symptoms, and handle cravings. Once you complete the questionnaire, you’ll receive a guide tailored to your individual needs and preferences.

**Registration:** Sign on to kp.org/healthy lifestyles

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**Tobacco Free**

**Telephone Counseling (MEMBERS ONLY)**
Certified tobacco counselors will help you develop a quit plan and learn about medications and tips to make quitting easier during four convenient telephone sessions.

**Fee:** No charge

**To make a telephone appointment:** Call 808-643-4622

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**Tobacco Free Workshop (MEMBERS ONLY)**
This one-hour workshop provides a positive, no-pressure setting to help you develop your own quit plan. Learn how to get support and prevent relapse. Medications to help you quit are also discussed. You’ll receive two follow-up telephone counseling sessions to support you during your quit plan. **Pre-registration required.**

**Fee:** No charge

**Date/time:** Offered monthly, call for dates and times.

**Registration:** Call 808-643-4622

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**THRIVE: Living a Healthy Life**
Are you ready to take a positive step toward a healthy lifestyle change? Join this six-week class and learn how making small changes can help you get back on track. Each week we’ll cover a different health topic including: eating well, exercise, managing stress, and setting weekly action steps, all in a supportive group environment. **Pre-registration required.**

**Fee:** No charge

**Location:** Maui Lani Medical Office

**Dates/time:**
- Session 1: Wednesdays, Aug. 7, 14, 21, 28, Sept. 4, 11; 6-7 pm
- Session 2: Tuesdays, Oct. 22, 29, Nov. 5, 12, 19, 26; 9:30-10:30 am

**Registration:** Call 808-432-2260

**Instructor:** Heather Charles, Health Education Coordinator
Community Resources

H.E.A.L. – Helping Ease A Loss
A grief support group offered by Hospice Maui. This group is open to anyone who has experienced the death of a loved one in the last 3 years. It meets weekly at the Hospice Maui office in Wailuku and is free of charge.

For more information: Call Hospice Maui at 808-244-5555

Hospice Maui
To learn more about the Center’s services, stop by its information table at the Maui Lani Medical Office on the 1st Wednesday of each month between 10 am-12 noon.

For more information: Call 808-244-5555

Islands Hospice
To learn more about the Center’s services, stop by its information table at the Maui Lani Medical Office on the 1st Tuesday of each month between 10 am-12 noon or at the Lahaina Clinic on the 2nd Wednesday of every quarter between 9-11 am.

For more information: Call 808-856-8989

Maui Adult Day Care
To learn more about the Center’s services, stop by its information table at the Maui Lani Medical Office on the 2nd Tuesday of each month between 9-11 am.

For more information: Call 808-871-5804

Maui Parkinson Outreach Support Group
Join others as we discuss our experiences, how to cope with Parkinson Disease, and provide inspiration and support to patients and caregivers.

Location: Hale Mahaolu, 11 Mahaolu Street, Kahului
Date/time: 1st Tuesday of the month, 8:30-9:30 am
For more information: Call Risa Pascal at 808-281-1224 or email fitqueen007@earthlink.net

Organ Transplant Maui Support Group
This support group is for pre and post organ transplant patients and their caregivers and family members. Organ donors are also welcome. We hold free monthly informational group meetings with various doctors and other professionals that can help provide knowledge, support, etc. about organ transplantation. We have kidney and liver transplant recipients, donors and caregivers that have gone through the process and are happy to share their experiences.

For meeting location and more information: Call Kats Anderson at 808-357-8877, email organtransplantmaui@gmail.com or visit www.organtransplantmaui.org

Roselani Place, Maui’s Assisted Living Community
Stop by the information table at Maui Lani Medical Office on the 2nd Friday of each month between 10 am-12 noon to learn about their services.

For more information: Call 808-871-7720
LIVING LIFE BEFORE END OF LIFE
(LIVE VIDEO CONFERENCE)
Hospice Hawaii’s goal is to help patients and their families live as fully as possible for as long as possible. We want to help you be prepared in planning for the future while focusing on quality of life. Learn about Hospice Hawaii’s services offered to patients, their families, and the community.
Fee: No charge
Location: Maui Lani Medical Office
Date/time: Monday, July 8, 9-10 am
Registration: Call 808-270-7308 (Kaunoa)
Speaker: Aimee Nelson, Hospice Hawaii

MEDICARE 101
(LIVE VIDEO CONFERENCE)
Join us for a FREE seminar and learn more about the basics of Medicare. What you’ll learn during this informative seminar:
• Get the basics on how Medicare works
• Look at your retirement health plan options
• Learn about the Medicare benefits you get with Kaiser Permanente
• Talk to a Kaiser Permanente representative
Fee: No charge
Location: Maui Lani Medical Office
Date/time: Monday, August 12, 9-10 am
Registration: Call 808-270-7308 (Kaunoa)
Speaker: Kaiser Medicare Sales Representative

UNDERSTANDING THE OLDER ADULT
Gain a greater awareness and understanding for the emotions our kupuna go through as we have to take over their care. Learn about the factors that contribute to behavior, changes that happen with aging, and valuable tips to provide care with compassion.
Fee: No charge
Location: Maui Lani Medical Office
Date/time: Tuesday, September 3, 5-6:30 pm
Registration: Call 808-270-7308 (Kaunoa)
Speaker: Kathleen Couch, Caregiver/Program Coordinator, Maui Adult Day Care Center

AGING IN PLACE:
FINANCES AND LEGAL
(LIVE VIDEO CONFERENCE)
Explore the cost of long term care, government and community-based programs, private financing strategies, and long-term care insurance considerations. Learn what an advance directive is, where to locate the forms, how to complete it, and how to share it with others.
Fee: No charge
Location: Maui Lani Medical Office
Date/time: Monday, September 9, 9-10 am
Registration: Call 808-270-7308 (Kaunoa)
Speaker: John Paul Abenoja, AARP Representative
AGING IN PLACE: HEALTH, HOME, AND COMMUNITY (LIVE VIDEO CONFERENCE)
A healthy lifestyle includes taking positive steps to prevent disease and manage any ongoing conditions. Explore how to assess your home’s comfort and safety, discuss housing options and determine what community features are important to you.

Fee: No charge
Location: Maui Lani Medical Office
Date/time: Monday, October 21, 9-10 am
Registration: Call 808-270-7308 (Kaunoa)
Speaker: Kathy Jaycox, AARP Representative

MOVE OVER ARTHRITIS (LIVE VIDEO CONFERENCE)
Live well with arthritis by understanding the importance of exercise and movement. Discover tools for lifestyle modification, maintaining muscle strength and range of motion, interrupting the chronic pain cycle, improving cardio-respiratory endurance, promoting relaxation and enhancing the quality of life. Dress comfortably for a short exercise routine.

Fee: $12, Due by Oct. 21
Location: Kaunoa Senior Center
Date/time: (3-part series), Mondays, Oct. 28, Nov. 4 & Nov. 18, 10:30 am-12 pm
Registration: Call 808-270-7308 (Kaunoa)
Instructor: Paula Keele, MS, ACSM, ACE Certified

FRAUD PREVENTION (LIVE VIDEO CONFERENCE)
Get insights into the mind of fraudulent criminals gained from undercover FBI tapes and interviews with the con artists. Learn to identify the most common persuasion tactics so that you can avoid them.

Fee: No charge
Location: Maui Lani Medical Office
Date/time: Monday, November 18, 9-10 am
Registration: Call 808-270-7308 (Kaunoa)
Speaker: AARP Representative

UNDERSTANDING DEMENTIA BEHAVIORS
Many families struggle to understand dementia and what it is. Learn how to identify early, middle and late stage dementia behaviors and gain tips and techniques for working with them.

Fee: No charge
Location: Maui Lani Medical Office
Date/time: Monday, November 18, 5-6:30 pm
Registration: Call 808-270-7308 (Kaunoa)
Speaker: Kathleen Couch, Caregiver/Program Coordinator, Maui Adult Day Care Center

ENHANCE FITNESS®
EnhanceFitness® is a nationally recognized, evidence based exercise program for seniors. It has cardiovascular, balance, strength (using adjustable cuff weights) and flexibility components. Class is led by certified fitness instructors; participants can either sit or stand. Classes are ongoing (3 times/week) at various locations on Maui.

Fee: Age 50+, $20 voluntary contribution/month
Date/time/location:
Contact Paula Keele at 808-870-5530 for class availability.
READY, SET, THRIVE!  
Inspiration and tools to help you live well

kp.org/listen  
Guided imagery programs engage your mind, body, and spirit to help you reduce stress, focus on healthy changes, and promote healing.

kp.org/healthtalk  
Explore current health topics and learn the latest tips about healthy living with Kaiser Permanente experts.

kp.org/watch  
Look, listen and learn. View health videos whenever and wherever you are.

kp.org/10000steps  
Get out of the house, get moving, and improve your heart health with the 10,000 Steps® online walking program. Start walking your way to better health. Both the program and the pedometer are offered at a discount to Kaiser Permanente members.  
*10,000 Steps® is a registered trademark of HealthPartners, Inc.

Cultivating Health® Kits:  
To purchase any of the following resources, call the Prevention & Health Education Department at 808-432-2260.

- Everyday Fitness Kit ($13)
- Freedom from Tobacco Kit ($13)
- Improving Your Sleep Kit ($13)
- Managing Diabetes Kit ($13)
- Managing Stress Kit ($13)
- Weight Management Kit ($13)

DVDs
- Chair Dancing® DVD ($6): Imagine getting an aerobic workout without leaving your chair! See how fun exercise can be.

kp.org/healthylifestyles (MEMBERS ONLY)  
Go online and get healthy. Create free, personalized action plans that can help you make healthy choices and stick with them.

kp.org/kidwisdom  
It takes smarts to develop healthy habits and stick with them. Check out the kid friendly features and fun activities on this website!

REGISTER FOR MY HEALTH MANAGER

With My Health Manager on kp.org, you can take charge of your health securely online—24 hours a day, 7 days a week. Registering is one of the most important things you can do as a member.

It’s as easy as 1-2-3
In five minutes you’ll get 24/7 access to our online tools for managing your health.

1. Have your medical record number handy.
2. From your computer, go to kp.org/registernow.
3. Enter some basic information and answer a few security questions.

For questions or help registering, call 1-800-556-7677.

Manage your health anytime, anywhere
Once you’re registered, you can start using My Health Manager to stay on top of the care you receive at any of our facilities in the region. You can also use My Health Manager to act on behalf of a family member.

Download the KP app.  Visit kp.org from your computer.
REGISTRATION

Registration Information
Pre-registration and prepayment for classes and programs are required. This confirms your enrollment in the program so please mark your calendar accordingly.

- **Check the class listings** in this catalog for session information and fees.
- **Classes are open** to all Kaiser Permanente members, and some classes are open to the community.
- **Classes are filled** on a first-come, first-served basis.
- **For more information about a class**, call the number listed underneath the course description.
- **Cancellations**: A class may be cancelled due to low enrollment. If this occurs, you will be notified. Otherwise, consider your registration accepted.
- **Walk-ins are not advised**, as the class may be full or may have been cancelled due to low enrollment.
- **Please check with your physician** before starting any exercise program.
- **For more information/Registration**:
  Michele Pagaduan, Management Assistant
  Phone: 808-432-2260
  E-mail: michele.k.pagaduan@kp.org
  Health Education Department
  Kaiser Maui Lani Medical Office
  55 Maui Lani Parkway
  Wailuku, HI 96793

Help us go **GREEN**
Get our Healthy Living catalog by e-mail.

JOIN OUR MAILING LIST
To receive this flyer by mail or e-mail please contact our
Health Education Department at
808-432-2260
michele.k.pagaduan@kp.org

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HAWAII FARM BUREAU
FARMER’S MARKETS

Maui Fresh Farmer’s Market
Location: Queen Ka’ahumanu Shopping Center
Date/Time: 8 am-4 pm, Tuesday, Wednesday, Friday

Farmer’s Market of Maui-Kihei
Location: 61 South Kihei Road, Suda Store parking lot on S. Kihei Road
Date/Time: 8 am-4 pm, Monday thru Friday

Upcountry Farmer’s Market
Location: Pukalani Longs Drugs at Kulamalu
Date/Time: 7 am-12 noon, Saturday

The Wednesday Market
Location: Waipuna Chapel, Kula Highway and Omaopio Road
Date/Time: 8 am-1 pm, Wednesday

Farmer’s Market of Maui-Honokowai
Location: 3636 Lower Honoapiilani Road, Lahaina, Hawaiian Motors parking lot (across from Honokowai Park)
Date/Time: 7-11 am, Monday, Wednesday, Friday

ONO Organic Farms Farmer’s Market
Location: 149 Hana Highway, Hana
Date/Time: All day, Monday & Thursday

Maui Open Market
Location: Maui Tropical Plantation
Date/Time: 9 am-3 pm, Sunday and Monday

Napili Farmer’s Market
Location: 4900 Napilihau Street, Lahaina
Date/Time: 8 am-12 pm, Wednesday and Saturday

Source: www.mauicountyfarmbureau.org (listing updated on 5/2018)