

Join us for a week
of activities to
inspire balanced
and healthy
living.

Ke Ola Pono:

Wo Health & Wellness Week

healthy & 'ono food! prizes!
event details & RSVP online:
<http://bit.ly/kcc-healthweek>

for KCC staff & faculty

Oct. 10-14, 2016

Mon. Oct. 10
& Tues. Oct. 11
12:15pm-1:15pm
'Iliahi 123
(same workshop,
offered twice)

Hawaiian Healing & Wellness
with Keola Chan

Mindful Eating Meditation
with Elaina Malm & Stress-Less C-4ward

Wed. Oct. 12
3:30pm-4:30pm
Lama 118

Thurs. Oct. 13
12:15pm-1:15pm
'Iliahi 123

Stress Management Workshop
with Lori Ferreira

'Awa Pau Hana
with Kahele Cruz & musical guests TBA

Thurs. Oct. 13
4pm-6pm
'Iliahi Commons
(near Subway)

Fri. Oct. 14
9:30am-10:30am
KCC Chapel

Yoga for Relaxation
with Laura Dunn
(bring your own yoga mat,
beginners welcome)

Brought to you by the KCC Wo Learning Champions:
Mark Kunimune (markkuni@hawaii.edu) & Annie Thomas (athomas@hawaii.edu)

Please RSVP by Oct. 3
(Drop-ins welcome)
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