

2011 HMSA HEALTH EDUCATION

Registration Required. Please call 948-6398 or 1-800-525-6548

(Customer Service)

Dates and times subject to change.

HEALTHY EATING					
MONTH	DAY	DATES	TIMES	LOCATION	CLASS NUMBER
OCTOBER	WEDNESDAY	OCT 26 NOV 2	9:30 - 11:30 AM	HILO HEALTHPASS	RW1161
	WEDNESDAY	OCT 26 NOV 2	5:30 -7:30 PM	HILO HEALTHPASS	RW1162

STRENGTH & BALANCE					
MONTH	DAY	DATES	TIMES	LOCATION	CLASS NUMBER
OCTOBER	SATURDAY	OCT 29 NOV 5	9:00 - 11:30 AM	HMSA	SS1161

MEDITATION					
MONTH	DAY	DATES	TIMES	LOCATION	CLASS NUMBER
OCTOBER	MONDAY	OCT 10, 17, 24	5:30 - 7:30 PM	KONA HEALTHPASS	MH1161
	SATURDAY	OCT 22*	8:30AM - 3:00PM	MAUI BRANCH OFC	MH1162
	TUESDAY	OCT 25 NOV 1,8	9:00 - 11:00 AM	KAUAI HEALTHPASS	MH1163
	THURSDAY	OCT 27 NOV 3,10	5:00 - 7:00 PM	KAUAI HEALTHPASS	MH1164
	SATURDAY	OCT 29*	9:00 AM - 3:00 PM	AIEA INT. SCHOOL	MH1165

* One-day retreat