

HMSA HEALTH EDUCATION

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

Dates and times subject to change.

MEDITATION FOR HEALTH					
MONTH	DAY	DATES	TIMES	LOCATION	CLASS NUMBER
JULY	THURSDAY	JUL 28 AUG 4,11	9:30 - 11:30 AM	KAIMUKI	MH1141
SEPTEMBER	TUESDAY	SEP 6, 13, 20	5:30 - 7:30 PM	HMSA	MH1151