

HMSA HEALTH EDUCATION

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

Dates and times subject to change.

REAL-WORLD NUTRITION					
MONTH	DAY	DATES	TIMES	LOCATION	CLASS NUMBER
SEPTEMBER	TUESDAY	SEP 14, 21	9:30 - 11:30 AM	POHAI NANI	RW1051
	TUESDAY	SEP 21, 28	5:30 - 7:30 PM	HMSA MAUI BRANCH OFFICE	RW1052
	THURSDAY	SEP 23, 30	9:30 - 11:30 AM	KAIMUKI	RW1053
OCTOBER	MONDAY	OCT 4, 11	5:30 - 7:30 PM	HMSA HILO BRANCH OFFICE	RW1055