

HMSA HEALTH EDUCATION

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

Dates and times subject to change.

STRONG, STRAIGHT, & STEADY					
MONTH	DAY	DATES	TIMES	LOCATION	CLASS NUMBER
JULY	SATURDAY	JUL 23, 30	9:00 - 11:30 AM	AIEA INT. SCHOOL	SS1141
AUGUST	MONDAY	AUG 15,22	5:30 - 7:30 PM	KONA HEALTHPASS	SS1142
SEPTEMBER	TUESDAY	SEP 6,13	9:00 - 11:00 AM	KAUAI HEALTHPASS	SS1151
	WEDNESDAY	SEP 7, 14	9:30 - 11:30 AM	HILO HEALTHPASS	SS1152
	WEDNESDAY	SEP 7, 14	5:30 - 7:30 PM	HILO HEALTHPASS	SS1153
	THURSDAY	SEP 8, 15	5:00 - 7:00 PM	KAUAI HEALTHPASS	SS1154
	THURSDAY	SEP 22, 29	9:30 AM - 12:00 PM	KAIMUKI	SS1155