



#4 Kaleponi PILI 'Ohana

Partnership for Improving Lifestyle Intervention

9 Month Healthy Lifestyle Intervention:

Class is limited, participants must be **Pre-Registered**

Begins Thursday, July 7, 2015, 6:30 pm

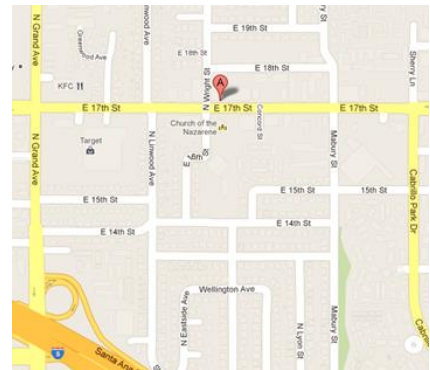
\$30 fee refundable upon course completion

Eligibility:

- At least 18 years old
- Interested in weight loss
- Able to commit to a 9-month weight loss maintenance program
- Native Hawaiian, Samoan, Tongan, Marshallese, Chuukese, other Pacific Islander ethnicity

Benefits:

- Learn about:
 - Healthy eating
 - Physical activity
 - Time and stress management
- Group support
- Outdoor activities
- Incentives



Classes held at:

**1505 E. 17th Street, Conference Room 100
Santa Ana, CA 92705**

*(17th Street @ Wright, Park at 18th Street and Wright
Conference Room across Parking Lot)*

Questions, call (714) 968-1785



This program is presented by Pacific Islander Health Partnership (PIHP)
Navigating Pacific Hearts, University of California, Riverside,
Center for Healthy Living; University of Hawai'i, School of Medicine,
Department of Native Hawaiian Health





Kaleponi PILI 'Ohana

9-month Healthy Lifestyle Interventions

Registration - Meet Thursday, July 7 @ 6:30pm

Name: _____

Address: _____

Phone: _____ **Cell:** _____ **Email:** _____

Diabetes: _____ **Provider:** _____
When diagnosed Doctor

Reason for taking this class: _____

All class materials, snacks and foods provided during class are FREE. Your wife, partner, friend are welcome to join this class. Please complete the following to register:

Name: _____

Address: _____

Phone: _____ **Cell:** _____ **Email:** _____

Reason for joining this class: _____

Please mail to: Pacific Islander Health Partnership [PIHP]
1505 E. 17th Street, Suite 117, Santa Ana, CA 92705

Questions: Please call: Ka`ala Pang at 714-968-1785 or email at kaalasplace@yahoo.com



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