



# #2 Kaleponi PILI 'Ohana

Partnership for Improving Lifestyle Intervention



Ulu Network

## 9 Month Healthy Lifestyle Intervention:

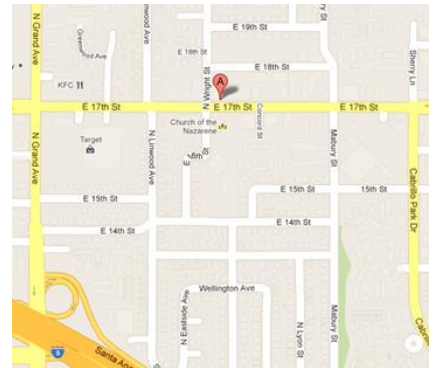
Class is limited, participants must be Pre-Registered

### 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. 17<sup>th</sup> Street, Conference Room 100  
Santa Ana, CA 92705**

*(17<sup>th</sup> Street @ Wright, Park at 18<sup>th</sup> Street and Wright*

*Conference Room across Parking Lot)*

*Questions, call (714) 968-1785*



This program is sponsored by Pacific Islander Health Partnership (PIHP), 'Āinahau o Kaleponi Hawaiian Civic Club with the University of Hawai'i, School of Medicine, Department of Native Hawaiian Health.





# Kaleponi PILI `Ohana



9-month Healthy Lifestyle Interventions

## Registration Application - February 2015 - August 2015

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. 17<sup>th</sup> Street, Suite 117, Santa Ana, CA 92705

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



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