



# Nā Hoa Mālama

*Partners who care*

## A Diabetes Program for Patients of the Waianae Coast Comprehensive Health Center

A **FREE, fun, interactive** 12-week group class for adults with Type 2 Diabetes

- Learn healthy lifestyle strategies
- Earn prizes by achieving goals and improving blood sugar
- Enjoy healthy snacks and good conversation

*Please choose a class location, day, and time below that works best for you.*

DAY	TIME	LOCATION	CONTACT
Wednesdays	5:30 PM – 6:30 PM	West O’ahu Community Health <i>Formerly Kapolei Health Care Center</i> 599 Farrington Hwy., Suite 100 Kapolei, HI 96707	Sara Garretson 697-3433 (Tuesday) 697-3800 (Wednesday – Saturday)
Thursdays	5:00 PM – 6:00 PM	Waianae Coast Comprehensive Health Center (Main Campus) Ho’olokahi Building, across from WIC 86-260 Farrington Hwy. Waianae, HI 96792	Tusi Taumua 697-3528 (Monday – Thursday) 697-3237 (Friday)
Thursdays	9:00 AM – 10:00 AM	Waianae Coast Comprehensive Health Center (Main Campus) Ho’olokahi Building, across from WIC 86-260 Farrington Hwy. Waianae, HI 96792	John Cheung 697-3490 (Monday – Thursday)
Fridays	9:00 AM – 10:00 AM	James and Abigail Campbell Nanakuli Clinic 87-2070 Farrington Hwy., Suite N Waianae, HI 96792	Kristi Aoki 697-3433 (Monday) 697-3888 (Tuesday) 697-3312 (Wednesday – Thursday) 697-3900 (Friday)



WAIANAE COAST  
COMPREHENSIVE  
HEALTH CENTER

**Next 12-week Session  
Begins March 2019**



PILI  
'O HANA

Partnership for Improving Lifestyle Intervention