Olakino Mauli Ola

Kūkalahale, a collaborative program between Honolulu and Kapi'olani
Community Colleges, invites you to join us for Kīpaipai Aloha ~ OLAKINO
MAULI OLA [Health, Power of Healing], an afternoon focused on taking the time to care for ourselves

A cultural educator, research consultant, and lomilomi from the island of O'ahu, **BLANE PŌMAIKA'I BENEVEDES** of **HALE PĀ MAIKA'I** will be our guest speaker to share some Hawaiian healing concepts and practices to help guide and enhance our self-care and overall health and well-being

> Friday, April 19, 2024 2:00pm - 4:00pm

> @ Kapi'olani Community College



## < < < < REGISTRATION REQUIRED

A program for HonCC and KapCC students & staff

'Looking forward to seeing you there... Kīpaipai Aloha [Inspire Aloha]

Contact Mahi La Pierre with any questions at lapierre@hawaii.edu

