

**As we near Filipino American History Month, and
as part of KapCC A&S Ho'oulu Hou's mission to
support faculty and staff wellness:
please join us for healing acupressure!
Fri Sept 27, 10-11:30am
in Lama Library 207A (Resilience Room)
at Kapi'olani Community College,
with Dr. Karen Villanueva,
Executive Director of Kilusan Wellness.**



Dr. Karen Villanueva is honored to share teachings about indigenous Filipinx healing as well as provide accessible and powerful acupressure practices so attendees can get relief from stress to feel more resourced and grounded. **Kilusan Wellness** is a community-based wellness center in Oakland, California that offers culturally-specific care for underserved populations, guided by the principles of Healing Justice, Decolonization, Integrative Health Equity, and Alignment & Sustainability. www.kilusanwellness.org