

Maui Adult Day Care Centers & Maui County Office on Aging Invite You to a Free Caregiver Workshop

“Healthy Lifestyle Tips for Caregivers”



Terri Rainey

Nutritional Consultant, Certified Herbalist & Wellness Coach

- *Definition of a "Healthy Lifestyle"*
- *How to set your mindset to live the "Healthy Lifestyle"*
- *Benefits of the "Healthy Lifestyle"*
- *Nourish your body with good choices...nutrition/exercise*
- *Your personal "Healthy Lifestyle"*

Kihei

Thursday, June 21 - 2:00 to 3:00pm

South Maui Adult Day Care Centers, 16 Ehiku St.

(Located at Hale Mahaolu Ehiku Senior Residential Site behind Hope Chapel)

Open to the public – No reservations needed

Refreshments provided for attendees. Certificates of attendance available.

For more information call Kathleen Couch 871-5804

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Kahului

Saturday, June 23 - 10:00 to 11:00am

Hale Mahaolu Elima Community Hall, 11 Mahaolu St.

Open to the public – No reservations needed

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Lahaina

Thursday, June 28 - 9:30 to 10:30am

Lahaina Hongwanji Mission, 551 Wainee St.

Open to the public – No reservations needed

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Molokai

Friday, June 29 - 9:30 to 10:30am

Hale Mahaolu Home Pumehana

Open to the public – No reservations needed

Refreshments provided for attendees. Certificates of attendance available.

For more information call Kathleen Couch 1-808-871-5804

