

WHM Calendar event listings

**All Month**

**Celebrating Women's Health Month**

Blood pressure and stroke screening all month by appointment as well as heart-health information. American Heart Association Maui Division, 95 Mahalani St. Suite 13. Cost: Free. Contact: 244-7185.

**Monday, September 1**

**WIC - Women, Infants and Children Open Door Day**

Opportunity for women to obtain information on nutrition and breastfeeding and the WIC program.

9 a.m. to 3 p.m., Monday, September 1. Community Clinic of Maui, 48 Lono Ave., Kahului.

Cost: Free. Contact: Shawni Mendoza or Karen Chen-Chin at 872-4034 or [www.hawaiiwic.com](http://www.hawaiiwic.com)

**Wednesday, September 3**

**Diet, Vitality and Weight Control**

Learn how to balance your diet and blood sugar to maximize vitality, fitness and control your weight. Maui Fitness Plus, Kihei - 6:30 p.m. to 8:30 p.m., Wednesday, September 3, Cost: Free. Presented by Dr. David Kern, N.D., L.Ac. For more information, call 572-6091.

**Solutions for Survivors: A Women's Support Group**

For those who have been sexually abused, raped or assaulted meet with other women in a supportive therapy group to move beyond trauma to joy. Twelve sessions focus on knowledge, skills and support to help break down isolation, identify triggers and learn coping strategies for dealing with flashbacks, changing thought and behavior patterns, appreciating your strengths as a survivor. 5:30 to 7:00 p.m., Wednesdays beginning September 3. Cost: Free. Contact: Call Cynthia Cary, CSW at 877-9838 for location.

**Friday, September 5**

**Labyrinth Walks by the Light of the Moon!**

Join one of these two walking meditations in a setting modeled after the 14th Century labyrinth at Chartres Cathedral near Paris, France. A 45-minute explanation and history of the labyrinth precedes the 30 minute healing walk. Tea and cookies follow. 7 p.m., Friday, September 5. St. John's Church, 8992 Kula Hwy., Keokea, Kula. Cost: Free. Contact: The Rev. Heather Mueller Fitch at 878-1485.

**Saturday, September 6**

**Empowerment from Within: Curing incontinence forever**

Women only. The first of two sessions provides an overview of the types of incontinence and why conventional treatments don't work. Homework includes corrective and preventive exercises. Session Two provides problem solving tips for participants and how to remain continent throughout a lifetime. 1 p.m., Saturday, September 6 and

13, Physical Therapy for Women, 343-C Hanamau Street, Kahului. Cost: Free.  
Contact: Jade Jarit, MPT, 873-6000.

#### **Free Spinal Screening**

Spinal assessments of the lower spine, a factor in overall all health. Discount coupons available. 10 a.m. to 2 p.m., Saturday, September 6. Maui Family Wellness Center, 69 N. Church St., Wailuku. To register or for more information, contact: Lea at 244-1161.

#### **Painting from the Heart**

Rediscover painting for the Joy of doing it rather than for the product. Awaken your spontaneity and enjoy the process of creation. 9:30am-4:00pm Saturday, September 6. The Haiku Painting Studio, 1500 Kokomo Rd. Haiku. Cost: \$25 each class. Contact: Francesca La Rue at 572-9725.

#### **Monday, September 8**

##### **Creative Cooking with Sea Vegetables**

Nutritional value and health benefits of Sea Vegetables. A great source of calcium, iron, vitamins and other minerals. Preparation of delicious and nourishing meals with natural whole foods and a variety of sea vegetables like Wakame, Kombu, Hiziki, and Arame. 5 to 7:30 p.m., September 8. Cost: \$28 (includes food). Institute for Health and Happiness, a beautiful setting in Haiku. Cost: Free. Contact Sabrina to register at 573-2917 or mauimacrobiotics@yahoo.com.

##### **Labyrinth Walks by the Light of the Moon!**

Join one of these two walking meditations in a setting modeled after the 14th Century labyrinth at Chartres Cathedral near Paris, France. A 45-minute explanation and history of the labyrinth precedes the 30 minute healing walk. Tea and cookies follow. 7 p.m., Monday September 8. (full moon). St. John's Church, 8992 Kula Hwy., Keokea, Kula. Cost: Free. Contact: The Rev. Heather Mueller Fitch at 878-1485.

##### **WIC - Women, Infants and Children Open Door Day**

Opportunity for women to obtain information on nutrition and breastfeeding and the WIC program.

9 a.m. to 3 p.m., Monday, September 8. Community Clinic of Maui, 48 Lono Ave., Kahului.

Cost: Free. Contact: Shawni Mendoza or Karen Chen-Chin at 872-4034 or [www.hawaiiwic.com](http://www.hawaiiwic.com)

#### **Tuesday, September 9**

##### **ABC's of Diabetes and Nutrition**

Learn more about meal planning, shopping, dining out, weight management and physical activity with Linda Powley, RD. 10-11:30 a.m., Tuesday, September 9. Kaiser Permanente Clinic, 80 Mahalani St. Wailuku. Cost: Members pay usual visit fee and non-members pay \$10. Contact: 243-6400 or [www.members.kaiserpermanente.org](http://www.members.kaiserpermanente.org).

#### **Wednesday, September 10**

##### **Caring For Family, Caring For Yourself**

At the Second Annual Caregiver's Conference, family caregivers will receive training on coping with behavior challenges among the elderly, end-of-life issues, nutrition for caregivers, and balancing the needs of working caregivers. The conferees will be pampered with mini-massages, flower arranging, and facials. Presented by Maui County Office on Aging, AARP Hawaii, ALU LIKE, Inc. and HMSA. 8 a.m. to 3 p.m., Wednesday, September 10 at the Maui Beach Hotel. Cost: \$15 includes lunch. Call 270-7755 to register or for more information.

#### **Diet, Supplements and Hormones**

Learn about how to choose the best diet and supplements for optimal health and vitality and how your hormones affect your health. 6:30 p.m. to 8:30 p.m. Wednesday, September 10, Down to Earth Health Foods, Kahului. Cost: Free. Presented by Dr. David Kern, N.D., L.Ac. For more information, call 572-6091.

#### **Friday, September 12**

##### **A Natural Approach to Osteoporosis**

Learn risk factors, diagnostic options and natural treatment approaches to osteoporosis, the second overall cause of death in women. 8 a.m. to 9 a.m., Friday, September 12, LifeFest Maui, Renaissance Wailea Beach Resort. Cost: Free. Presented by Dr. David Kern, N.D., L.Ac. 572-6091

##### **Women and Tobacco: Truth and Lies**

Margaret Trevathan and Sandra McGuinness will present new data on women and smoking statistics in Hawaii and provide information about the health risks for women who smoke (risks are different than those for men), and offer tips for successfully quitting tobacco use. 12 p.m., Friday, September 12, Cameron Center Auditorium, 95 Mahalani St. Wailuku. Cost: Free. Contact: Sandra McGuinness, Coordinator, Maui Tobacco-Free Partnership, 573-6554.

#### **Saturday, September 13**

##### **Bringing Home Baby: Treatment or Adoption?**

Spend an afternoon with Resolve of Hawaii hearing how to achieve parenthood through either medical treatment or adoption. After patient panel shares parenting stories, followed by a medical or adoption session. The sessions will repeat in the last hour, allowing attendees to hear both options in one afternoon. 12:30 to 4 p.m., Saturday, September 13. Cameron Center, 95 Mahalani Street, Wailuku. Cost: \$5 individual; \$7 couples. Contact: Bevin Parker-Evans at (808) 528-8559 or [www.resolveofhawaii.org](http://www.resolveofhawaii.org)

##### **Empowerment from Within: Curing incontinence forever**

Women only. The first of two sessions provides an overview of the types of incontinence and why conventional treatments don't work. Homework includes corrective and preventive exercises. Session Two provides problem solving tips for participants and how to remain continent throughout a lifetime. 1 p.m., Saturday, September 6 and 13, Physical Therapy for Women, 343-C Hanamau Street, Kahului. Cost: Free. Contact: Jade Jarit, MPT, 873-6000.

##### **Natural Approaches to Hormone Balance and Cancer Prevention**

Learn risk factors associated with female cancers and natural approaches to reduce cancer risk in women. 7 to 9 p.m. Saturday, September 13, Maui Academy of Healing Arts, Kihei. Cost: Free. Presented by Dr. David Kern, N.D., L.Ac. For more information, call 572-6091.

**Painting from the Heart**

Rediscover painting for the Joy of doing it rather than for the product. Awaken your spontaneity and enjoy the process of creation. 9:30am-4:00pm Saturday, September 13. The Haiku Painting Studio, 1500 Kokomo Rd. Haiku. Cost: \$25 each class. Contact: Francesca La Rue at 572-9725.

**Sunday, September 14****Alternative Hormone Replacement for Men and Women**

Learn from two experts on natural hormones about a comprehensive and natural approach to hormone replacement therapy. 2:15 p.m. to 3:15 p.m., Sunday, September 14, LifeFest Maui, Wailea Marriott, Mauna Loa/Ilima. Cost: Free. Presented by Dr. David Kern, N.D., L.Ac. and Dr. Julie Claire Holmes, N.D. For information call 572-6091

**Monday, September 15****WIC - Women, Infants and Children Open Door Day**

Opportunity for women to obtain information on nutrition and breastfeeding and the WIC program.  
9 a.m. to 3 p.m., Monday, September 15. Community Clinic of Maui, 48 Lono Ave., Kahului.  
Cost: Free. Contact: Shawni Mendoza or Karen Chen-Chin at 872-4034 or [www.hawaiiwic.com](http://www.hawaiiwic.com)

**Tuesday, September 16****Acid-Alkaline Health Secrets**

A lecture on maintaining a healthy balance of acid and alkaline, signs of low-grade blood acidity, acid forming nutrients, and the alkalizing effect of sea vegetables, miso, umeboshi plums and others. 5 to 6 p.m., Tuesday, September 16. Institute for Health and Happiness, a beautiful setting in Haiku. Cost: Free. Contact Sabrina to register at 573-2917 or [mauimacrobiotics@yahoo.com](mailto:mauimacrobiotics@yahoo.com).

**What Every Woman Should Know (about health issues)**

Dr. Anita Cirarleglio, Ph.D, will discuss current issues in women's health, breast cancer, heart disease, diabetes, OB/GYN concerns, and more. 6:30-8 p.m., Tuesday, September 16. Kaunoa Senior Center. Cost: Free. Contact: 270-7308.

**Wednesday, September 17**

Girls and boys age 12 and older are invited to discuss issues teens face when dealing w/ relationships with Joy Brann, Family Planning Educator, Dept. of Health, and Nancy Findeisen, Sex Assault Prevention Educator, Child & Family Service. Kaiser membership not required. 6:30 to 8 p.m., Wednesday, September 17. Kaiser Permanente Wailuku Clinic, 80 Mahalani St. Wailuku. Cost: Free. Contact: Joy Brann at 268-0130 or [www.kponline.org](http://www.kponline.org).

**Stress and the Working Woman**

The "fight or flight" response was based on studies of middle-aged men. Twenty-first century women have our own unique tools to manage stress. Come learn more

and practice easy relaxation techniques in a free evening playshop! Conducted by Coleen Tester and Prem Dawson, clinical social workers (LSW,QCSW). 6 to 7:30 p.m., Wednesday, September 17. Call 573-3232 to reserve space.

**Thursday, September 18**

**Kidney Class**

Learn how to better manage kidney disease with Janet Kroger RN and Karen Robbins, RD. 9 a.m. to 12 p.m., Thursday, September 18. Kaiser Permanente Wailuku Clinic, 80 Mahalani St. Wailuku. Cost: Free. Contact: 243-6400 or [www.members.kaiserpermanente.org](http://www.members.kaiserpermanente.org).

**Saturday, September 20**

**A Natural Approach to Menopause**

Learn about various natural options, including natural hormone therapy, in the treatment and support of pre and post menopausal symptoms and disease risk. 9 to 11 a.m., Saturday, September 20, Maui Memorial Medical Center Auditorium. Cost: Free. Presented by Dr. David Kern, N.D., L.Ac. For information call 572-6091.

**Ai Pono: Finding Freedom From Food, Fat and Dieting**

Learn how to eat when physically hungry, stop when full and feel emotionally nourished with author of Eating By the Light of the Moon Anita Johnson. 10 a.m. to 12 p.m., Unity Church, Wailuku. Cost: \$10 or donation. Register by calling 242-9327. For more information on eating disorders, contact Michelle Villante at 573-6060 or 870-9886.

**Painting from the Heart**

Rediscover painting for the Joy of doing it rather than for the product. Awaken your spontaneity and enjoy the process of creation. 9:30am-4:00pm Saturday, September 20. The Haiku Painting Studio, 1500 Kokomo Rd. Haiku. Cost: \$25 each class. Contact: Francesca La Rue at 572-9725.

**Monday, September 22**

**WIC - Women, Infants and Children Open Door Day**

Opportunity for women to obtain information on nutrition and breastfeeding and the WIC program.

9 a.m. to 3 p.m., Monday, September 22. Community Clinic of Maui, 48 Lono Ave., Kahului.

Cost: Free. Contact: Shawni Mendoza or Karen Chen-Chin at 872-4034 or [www.hawaiiwic.com](http://www.hawaiiwic.com)

**Saturday, September 20**

**Intro to Keiki Sign**

Babies naturally gesture and use their hands. Learn simple signs to help your baby communicate with you with instructor Lisa Angelina, MA, Audiologist. 6:30-7:30 p.m., Wednesday, September 24, Kaiser Permanente Wailuku Clinic, 80 Mahalani St., Wailuku. Cost: Free. Contact: 572-2232 or [www.members.kaiserpermanente.org](http://www.members.kaiserpermanente.org).

**Pilates Combo**

Join Claudia Micco for exercises that will help strengthen abs/back/neck/shoulder. Bring an exercise mat. (8 classes)

12:30-1:30 p.m., Wednesdays, beginning September 24. Kaiser Permanente Wailuku Clinic, 80 Mahalani St. Wailuku, HI 96793. Cost: Members \$48, Non-members \$56. Contact: 243-6480 or [www.members.kaiserpermanente.org](http://www.members.kaiserpermanente.org).

#### **Practicing Positive Discipline**

In this three part series, Christina Cowell will discuss methods to use kind and firm support, problem solving, addressing challenging behavior among children aged 2 to 6 years old. 6 to 8 p.m. on consecutive Wednesdays beginning September 24. Kaiser Permanente Wailuku Clinic, 80 Mahalani St. Wailuku. Cost: Free. Contact: 243-6480 or [www.members.kaiserpermanente.org](http://www.members.kaiserpermanente.org).

#### **Thursday, September 25**

##### **Real World: Dating and Teens**

Girls and boys age 12 and older are invited to discuss issues teens face when dealing with relationships with Joy Brann, Family Planning Educator, Dept. of Health, and Nancy Findeisen, Sex Assault Prevention Educator, Child & Family Service. Kaiser membership not required.

6:30 to 8 p.m., Thursday, September 25. Kaiser Permanente Lahaina Clinic Annex. Cost: Free. Contact: Joy Brann at 268-0130 or [www.kponline.org](http://www.kponline.org).

##### **MAD CLOAK... a passionate play by Pat Masumoto**

Join playwright, artist, laugh coach, Pat Masumoto for this "witty and agonizing, sensual and liberating." In MAD CLOAK, two Honolulu women, an artist and a singer, discover that friendship, female and male, can triumph over violence and intimidation. The title is derived from a painting of an Amazon whose presence influences the characters and the outcome. Included in the cast is a female officer from the Maui Police Department. Show times: 7:30 p.m., Thursday, September 25 through Saturday, September 27; and 3 p.m., Sunday, September 28, with a free panel discussion at 5 p.m. McCoy Studio Theater, Maui Arts & Cultural Center. Cost: \$18, to benefit Women Helping Women and the American Cancer Society. For tickets call MACC box office 242-7469. For more information, call Pat at 244-3993.

#### **Saturday, September 27**

##### **Empowerment from Within: Resolving Scar Tissue Issues**

Scar tissue formation is part of the body's natural healing process. This informative talk will educate on how to work with old and new scars for optimal appearance and function for those with scars associated with c-section, episiotomy, hysterectomy, breast surgery, and more. 1 p.m., Saturday, September 27, 343-C Hanamau Street, Kahului. Cost: Free Contact: Jade Jarit, MPT at 873-6000.

##### **Living and Learning w/Diabetes**

Learn more about exercise, foot and skin care, problem solving, stress management, and goal setting with Mary Tanaka, CDE, RN. 9 a.m. to 12 p.m., Saturday, September 27. Kaiser Permanente Wailuku Clinic, 80 Mahalani St. Wailuku. Cost: Free. Contact: 243-6400 or [www.members.kaiserpermanente.org](http://www.members.kaiserpermanente.org).

##### **Painting from the Heart**

Rediscover painting for the Joy of doing it rather than for the product. Awaken your spontaneity and enjoy the process of creation. 9:30am-4:00pm Saturday, September 27. The Haiku Painting Studio, 1500 Kokomo Rd. Haiku. Cost: \$25 each class. Contact: Francesca La Rue at 572-9725.

**Monday, September 29**

**Osteoporosis: Get the Brittle Facts**

Learn the causes and treatment of osteoporosis and preparation and sampling of calcium rich foods with Dr. George Talbot and Chef John Cadman. 6 to 8:30 p.m., Monday, September 29. Kaunoa Senior Center. Cost: Free. Contact 270-7308 or [www.members.kaiserpermanente.org](http://www.members.kaiserpermanente.org).

**WIC - Women, Infants and Children Open Door Day**

Opportunity for women to obtain information on nutrition and breastfeeding and the WIC program.

9 a.m. to 3 p.m., Monday, September 29. Community Clinic of Maui, 48 Lono Ave., Kahului.

**Tuesday, September 30**

**Qigong for Women . . The Stressless Way**

Discover simple tai chi type movements that can be used to bring relaxation and balance with instructor Cory Williams. Wear supportive type shoes. 6:30-7:30 p.m., Tuesday, September 30. Kaunoa Senior Center. Cost: Free. Contact: 270-7308.

**Saturday, October 4**

**Hawaii Breastfeeding Challenge**

Statewide challenge to bring together mothers and babies to breastfeed simultaneously. Prizes, gifts, and fun for all at this "Breastmilk Fest," breastfeeding celebration to raise awareness of the benefits of breastfeeding for both mother and infant. 10 a.m. to 12 p.m., Latch on at 11 a.m., Saturday, October 4. Maui Memorial Hospital, Sponsored by the WIC, Community Clinic of Maui; Breastfeeding Promotion Council of Hawaii; MothersCare; and Maui Memorial Hospital. Cost: Free. Contact: Kathi Jones, RN, BSN, IBCLC, at 872-4025. or [www.breastfeedinghawaii.org](http://www.breastfeedinghawaii.org).