



RESTORE HEALTH
THROUGH HULA



FREE virtual
classes
starting in
~~January~~ 2022!
February

HULA & HYPERTENSION: FREE 6-MONTH VIRTUAL PROGRAM

- Learn hula & more about heart health
- Better control your high blood pressure
- Open to men & women, age 18 and over with a documented diagnosis of hypertension
- No hula experience necessary



Kumu Hula Tatiana Tseu Fox
Honouliuli, 'Ewa, O'ahu

First 3 Months (2 classes a week)

Tuesdays & Thursdays, 6 - 7 pm

Last 3 Months (1 class a week)

Tuesdays, 6 - 7 pm

To pre-register for the program,
please sign-up below:
<https://tinyurl.com/hulaandhypertension>

Questions? Contact QCIPN:

808-691-7735

qcipn@queens.org

This program was developed by University of Hawai'i medical school doctors and scientists in collaboration with kumu hula from across Hawai'i. Endorsed by medical experts at the American Heart Association, the program includes heart health education and twice-a-week hula classes led by a kumu hula.



THE QUEEN'S
HEALTH SYSTEMS

EmPower Health