



KŪLANA HAWAI‘I

An I Ola Lāhui Program

*Sponsored by
The Office of
Hawaiian
Affairs
and
HMSA*



I Ola Lāhui

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Kūlana Hawai‘i . Kūlana refers to one’s attitude, stature, the way one carries oneself. A person’s outward presence reflects attitudes and values on the inside. Through this program, we seek to elevate the health status of Hawai‘i’s people.

Kūlana Hawai‘i



**A Weight Management
Program designed with
the health of Hawai‘i in
mind**

I Ola Lāhui

a 501(c)(3) nonprofit corporation

So that the people will live and thrive



Do you want to lose weight and don't know where to start?

Has your doctor encouraged you to lose weight for your health?

Has your weight slowly crept up with each passing year?

Have you tried to lose weight unsuccessfully in the past?

Is your weight keeping you from working or being active?

Kūlana Hawai'i can help!

WHAT IS KŪLANA HAWAI'I ?

Our weight management program will help you set personal goals, teach you information and skills you need to succeed, and help you stay on track to keep weight off.

- Personalized goal setting and help getting ready for change
- Working with a nutritionist to tailor a plan just for you
- 3 Classes with information on:
 - The Science of Eating & Weight Control
 - Eating Habits
 - Physical Activity
 - Staying Motivated
 - Stress Management
 - Living a Healthy Lifestyle
- Ongoing Support Sessions to Make a Lasting Change
- Physical Activity with a Certified Fitness Instructor
 - Each time you come in
 - Open access to our classes and gym equipment

HOW TO ENROLL

Kūlana Hawai'i is for people who are:

- 18 and over
- Overweight
- Have a Body Mass Index (BMI) of 25 and over

Your doctor can refer you or you can sign yourself up.

The program is free for members of the National Guard & Reserves & their family members.



There is no cost for HMSA members. Our services are covered by your plan.

Scholarships from the Office of Hawaiian Affairs available for Native Hawaiians

Call (808)525-6255 for more information or to get started today.

We're here to help you make health a way of life.