

**NEW DAY STARTING AUGUST 5!**



**New!**

**TUESDAYS 8:30 am**  
**FRIDAYS 3:30 pm**

Join Queen's North Hawai'i Community Hospital and Kahu a Ola on a weekly walk. Our Kahu a Ola team will start the walk with a brief talk on a current health issue and then we'll get walking!

Please check with your primary care provider before you walk if you have health concerns. Wear comfortable walking shoes and bring an umbrella as the walk will be held, rain or shine!



**QUEEN'S NORTH HAWAI'I  
COMMUNITY HOSPITAL**

Meet at the corner  
of Pukalani St. &  
Ala 'Ōhi'a near  
Pukalani Stables  
Kamuela, HI 96743

No sign up required  
Questions?  
808-881-4607  
Kahuaola@Queens.org

**KAHU A OLA**  
An initiative of the Native Hawaiian Health Program, Kahu a Ola supports the healing of Native Hawaiians experiencing chronic illness through an integrated health care approach. For appointments call 808-881-4745.



**NATIVE HAWAIIAN HEALTH**  
THE QUEEN'S HEALTH SYSTEMS

