



St. Francis

HEALTHCARE SYSTEM OF HAWAII

Big Island caregivers are invited to join in Zoom classes from this major healthcare system on O'ahu. Their schedule varies each month — some of the free classes for September include:

Kupuna Aikido

Rooted in Wellness: Lokahi

Medical Decision Making, Trusts and Wills

Urinary Incontinence

Fall Prevention and Exercise for Seniors

The Problem with Snoring (sleep apnea)

To see the list of classes and register, go to:

<https://www.stfrancishawaii.org/s/courses>

**For questions, please contact Melissa Caballes at**

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