

# Join us! FREE virtual classes to engage and energize you in the new year!

Enjoy gathering with others at informative virtual sessions provided by local experts and instructors. Classes take place online via Zoom unless otherwise noted. Register online by scanning the QR code. For more information, help with registration, or navigating Zoom, contact Kauai Asing at (808) 547-8092 or [kasing@stfrancishawaii.org](mailto:kasing@stfrancishawaii.org).

Scan Here



## St. Francis

HEALTHCARE SYSTEM OF HAWAII

A Legacy of Caring for Hawaii's People

Live Every Moment

### Eating Smart for Your Kidneys

5-session workshop starting

Friday, January 7, 2022

5:00 PM to 6:30 PM

Scan QR code to view additional session dates



This interactive workshop will help you plan kidney-friendly eating.

Topics include kidney functions, causes of chronic kidney disease, dietary impacts, and lifestyle changes to manage disease progression. This is open to adults living with chronic kidney disease, those at risk, families, and caregivers. Space is limited, so register early to ensure your spot.

**Presenter: Stacey Breshears**, Registered Dietitian, National Kidney Foundation of Hawaii

### NEW CLASS! Career After Caregiving

Thursday, January 13, 2022

5:00 PM to 6:30 PM

Pursue a career that you've always wanted when you return to work after taking a pause to be a caregiver for your family. Identify, prepare, and feel energized and empowered for the next step in your career journey.



**Presenter: Cynthia Yamasaki**, Chief Energizing Officer & Founder, EEPATH

### Understanding Hawai'i's Long Term Care Options

Wednesday, January 19, 2022

5:00 PM to 7:00 PM

Learn about the various long-term care options available for Hawai'i's families and the role of the Long-Term Care Ombudsman program in protecting the health, safety, welfare, and rights of long-term care residents.



**Presenter: John McDermott, LSW, ACSW, M.Div.**, Long-Term Care Ombudsman, State of Hawai'i

### Social Security Benefits and You

Tuesday, January 25, 2022

5:00 PM to 6:30 PM

Learn about the eligibility requirements of Social Security retirement, disability, survivor and spousal benefits including Medicare.



**Presenter: Jane Burigsay**, Public Affairs Specialist, Hawai'i Social Security Administration

### Mobility Training for Caregivers

Saturday, January 29, 2022

9:00 AM to 11:00 AM

Learn how to transfer your loved one using proper body mechanics safely; wheelchair transfers like bed to chair or chair to automobile and the proper use of assisted devices.



**Presenter: Bryce Sumida, DPT**, Administrator, Hale Ho Aloha Nursing Home

To view full class descriptions or to register online, scan the QR code.



#### Big Moves! Monday

Every Monday, 1/3 through 1/31  
8:00 AM to 9:00 AM

#### Make It Happen with Myra (In-person)

1st and 3rd Monday, 1/3 and 1/17  
1:30 PM to 3:30 PM

#### Body&Brain Tai Chi

Every Tuesday, 1/4 through 1/25  
9:00 AM to 10:00 AM

#### Zumba Gold by Frances

Saturdays, 1/8, 1/15, and 1/29  
8:00 AM to 9:00 AM