



St. Francis

HEALTHCARE SYSTEM OF HAWAII
A Legacy of Caring for Hawaii's People
Live Every Moment

FREE! May Caregiver Education and Wellness Classes

Enjoy gathering with others at informative virtual classes provided by local experts and instructors. Classes take place online via Zoom. For more information, help with registration, or navigating Zoom, contact **Melissa Caballes** at **(808) 547-8138** or **mcaballes@stfrancishawaii.org**.

Scan Here
to Register
Online



Career Changes To Take Care of Elders

Saturday, May 14, 2022, 9:00 AM to 10:30 AM

Participants who are active working adults will gain tips on how to adjust or change careers to take care of loved ones and avoid burn-out.

Cynthia Yamasaki, Chief Energizing Officer & Founder, EEPATH

Blood Pressure & Stroke Prevention

Wednesday, May 18, 2022, 5:00 PM to 6:30 PM

Did you know stroke is the leading cause of death and severe disability? Understand how uncontrolled high blood pressure can damage your blood vessels and heart leading to a stroke.

Jason Viereck, MD, Director, Stroke & Neurologic Restoration Center, Hawaii Pacific Neuroscience

Resolving Conflict Without Blame

Saturday, May 21, 2022, 9:00 AM to 10:30 AM

Learn tips and techniques to manage the care of your loved ones without causing conflict or bitterness among family members. Learn some techniques that focus on the desires of the loved one. Establish agreements and rules that everyone can live by.

Katie Ranney, Programs Development Director, The Mediation Center of the Pacific

Parkinson's Upclose & Personal

Wednesday, May 25, 2022, 5:00 PM to 6:30 PM

Learn about the characteristics of Parkinson's disease, symptoms, diagnosis, and treatments from a patient's viewpoint. Persons with Parkinson's disease and their caregivers will benefit from hearing firsthand tips and techniques.

Jerry Boster, President, Hawai'i Parkinsons Association

Preventing and Identifying Strokes, Spinal Cord Injuries, and Brain Injuries

Thursday, April 14, 2022, 5:00 PM to 7:00 PM

Anyone can have a stroke, spinal cord injury, or a brain injury, but the risk increases with age. Learn about the common types of each of these injuries, how to identify their signs and symptoms, and out practical things you can do to help lower your risk.

Violet Horvath, PhD, MSW, MFA, Director, Pacific Disabilities Center, John A. Burns School of Medicine

Weekly Wellness Classes!

NEW! Empower You!

Wednesdays, 3:30 PM to 4:30 PM

Designed for people with Parkinson's, this class helps you do more of what you want to do by challenging you physically and cognitively. This whole body, function-focused exercise class will push you to do more than you think in a fun, empowering and enriched environment.

Glen Higa, CPT, diagnosed with Young Onset Parkinson's

Big Moves! Monday

Mondays, 8:00 AM to 9:00 AM

Zumba by Frances

Monday and Wednesday, 5:15 PM to 6:30 PM
No class on Wed, 5/18/22

Body&Brain Yoga Tai Chi

Tuesdays, 9:00 AM to 10:00 AM

Boxing Fundamentals

Fridays
6:00 PM to 6:30 PM

Zumba Gold by Frances

Saturdays, 8:00 AM to 9:00 AM

To register for a class, scan the QR code or contact Melissa Caballes at mcaballes@stfrancishawaii.org or (808) 547-8138.