



St. Francis

HEALTHCARE SYSTEM OF HAWAII

A Legacy of Caring for Hawaii's People

JOIN US FOR
FREE!

Family Caregiver and Wellness Classes!

Enjoy gathering with others at informative virtual classes provided by local experts and instructors. Classes take place online via Zoom.

Social Security Benefits and You

Thursday, September 1, 2022

5:00 PM to 6:30 PM

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

Jane Burigsay, Public Affairs Specialist, Hawaii Social Security Administration



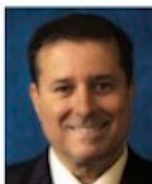
Truths and Myths of Long Term Care Insurance

Thursday, September 8, 2022

5:00 PM to 6:30 PM

Learn tips and strategies to make informed decisions on plans that meet your individual needs and be encouraged to share your plans with family.

Garrett Wheeler, Financial Advisor, Prudential Advisors



Medicare Basics

Monday, September 12, 2022

5:00 PM to 6:30 PM

Learn about Medicare, what it does and doesn't cover, timelines, how to avoid penalties, and how to choose a plan that's right for you or your loved ones.

Mark Faildo, Premier Benefit Consultants



Know Your Numbers! Overview of Taxes & Retirement Planning

Friday, September 16, 2022

11:00 AM to 12:30 PM

Learn the basics of tax saving strategies, how taxes and inflation impact retirement, and how to ensure you do not outlive your money.

Caine Nakata, Director of Operations for F3E, Hawaii Chapter



Chronic Neck and Back Pain

Wednesday, September 21, 2022

5:00 PM to 6:30 PM

Causes for neck and back pain can range from poor posture, stress, injury, and osteoarthritis. Know when to see a doctor and treatment options to restore your quality of life.

Jason Chang, MD, Director of Spine & Pain Management, Hawaii Pacific Neuroscience & Clinical Assessment, and Professor of Medicine, John A. Burns School of Medicine



Fall Prevention and Exercise for Seniors

Monday, September 26, 2022

1:00 PM to 3:00 PM

Learn tips for preventing falls and what to do if someone has fallen, along with basic exercises to improve your mobility.

Julie Okamura, MSPT



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

Friday, September 30, 2022

10:00 AM to 12:00 PM

The risk of stroke, spinal cord injury, or a brain injury increases with age. Learn how to identify their signs and symptoms, and how to lower your risk.

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



To register for a class online, scan the QR code

For more information, help with registration, or navigating Zoom, contact **Melissa Caballes** at (808) 547-8138 or mcaballes@stfrancishawaii.org



Weekly Wellness Classes!

Big Moves! Monday

Mondays, 8:00 AM to 9:00 AM

Empower You!

Wednesdays, 10:00 AM to 11:00 AM

Zumba by Frances

Monday and Wednesday, 5:15 PM to 6:30 PM

Zumba Gold by Frances

Saturdays, 8:00 AM to 9:00 AM
No class on September 3

Body&Brain Yoga Tai Chi | Tuesdays, 9:00 AM to 10:00 AM

Tripudio Movement System with Ellie
Thursdays 1, 8, and 15, 11:00 AM to 12:00 PM

Boxing Fundamentals | Fridays, 6:00 PM to 6:45 PM