

Patient Workshops

Caregiver's Heart Hawaii

Learn about your care giving options available in the community.



Workshops are available in our office on:

- Thursday, April 25th at 12:30 pm

Fall Prevention Education

Learn about fall prevention from Central Oahu Physical Therapy.

Workshops are available in our office on:

- Thursday, April 11th at 12:30 pm
- Wednesday, June 19th at 12:30 pm



Nutrition Workshops

Learn about the joy of eating and caring for your health with education on general nutrition for disease prevention, advance nutrition for those wanting to further their disease prevention and pre-diabetic nutrition.

Workshops are available for **General Nutrition** in our office on:

- Friday, March 22nd at 12:30 pm
- Thursday, April 4th at 12:30 pm
- Friday, May 24th at 12:30 pm
- Monday, June 3rd at 12:30 pm
- Friday, July 26th at 12:30 pm
- Tuesday, August 27th at 12:30 pm
- Friday, September 27th at 12:30 pm
- Wednesday, October 16th at 12:30 pm



Workshops are available for **Advance Nutrition** in our office on:

- Wednesday, May 1st at 5 pm
- Tuesday, August 13th at 5 pm
- Wednesday, November 6th at 5 pm

NOTE: It is recommended that you attend a General Nutrition workshop first before attending an Advance Nutrition workshop.

Workshops are available for **Pre-Diabetes Nutrition** in our office on:

- Tuesday, April 16th at 5 pm
- Thursday, July 11th at 5 pm
- Thursday, August 22nd at 5 pm
- Wednesday, October 30th at 5 pm
- Tuesday, December 3rd at 5 pm

*****Please sign up at the front desk or call 488-0990.*****