



# Ola Hou I KA HULA

**FREE Classes**  
at EmPower Health ('Ewa) or virtual  
Starting February 2, 2021

## Hula and Hypertension:

Ola Hou i ka Hula, restore health through hula, is a 6-month program for people with high blood pressure. It was developed by University of Hawai'i medical school doctors and scientists in collaboration with kumu hula from across Hawai'i. Endorsed by medical experts at the American Heart Association, the program includes heart health education and twice-a-week hula classes led by a kumu hula. Open to men and women age 18 and above; no hula experience required.



**Kumu Hula Tatiana Tseu Fox**  
Honouliuli, 'Ewa, O'ahu

**This program is for you!**  
**Learn hula & improve your health**  
**Better control your high blood pressure**

For more information or registration:

Call **EmPower Health**

**(808) 691-8200**

[EmPowerHealth@queens.org](mailto:EmPowerHealth@queens.org)

**Classes held virtually and in-person!**

Tuesdays and Thursdays 5:30-6:30p for first 3 months and  
then weekly for 3 months



**THE QUEEN'S  
HEALTH SYSTEMS**

**EmPower Health**