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.

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

Classes held virtually and in-person!
Tuesdays and Thursdays 5:30-6:30p for first 3 months and then weekly for 3 months