



Honolulu Community Action Program, Inc.
Providing Opportunities and Inspiration since 1965

FOR IMMEDIATE RELEASE

January 10, 2018

HCAP's Kupuna Independent Life Series Promote Health and Wellness

Honolulu-

This spring, the Honolulu Community Action Program, Inc. ("HCAP") is offering the Kupuna Independent Life Series to assist seniors 55 and older to "age in place" through health and wellness workshops, exercise, support groups, free nutritious breakfast and lunch, and more. The upcoming Kupuna Independent Life Series will be held at four locations throughout the island of Oahu. The Kupuna Independent Life Series is a multi-generational effort to provide seniors, age 55 and older, with health education, support for living productive independent lives, and proactive civic engagement.

"We are very excited to offer this valuable program to kupuna again in 2018. This program will help seniors enhance their well-being through workshops and social activities," Tehani Diaz, HCAP Director of Community Services, stated.

Kupuna Independent Life Series Spring 2018 Locations

Leeward

Leeward District Service Center
85-555 Farrington Highway
Waianae, HI 96792
Thursdays from 9am - 2pm
January 25, 2018 to April 19, 2018
Contact Number: 696-4261

Leahi

Moilili Community Center
2535 South King Street
Honolulu, HI 96826
Wednesdays from 8:30am - 12:30pm
January 24, 2018 to April 18, 2018
Contact Number: 732-7755

Kalihi

Full Gospel Temple
2464 North School Street
Honolulu, HI 96819
Wednesdays from 8:30am - 1:30pm
January 24, 2018 to April 18, 2018
Contact Number: 847-0804



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Windward

Lani Huli Elderly Apartments
25 Aulike Street
Kailua, HI 96734
Thursdays from 9am - 2pm
January 25, 2018 to April 26, 2018; no class on March 22, 2018
Contact Number: 239-5754

Annually, over 20,000 Oahu children and adults benefit from the services provided by Honolulu Community Action Program, Inc. As part of the national network of community action agencies, HCAP has over 50 years of experience mobilizing the community and helping those in need through its mission of *POI: Providing Opportunities and Inspiration to enable low-income individuals or families to achieve self-reliance*. HCAP offers programs and services in six major program areas: Early Childhood; Employment; Education; Economic Development; Emergency & Transitional Programs; and Community Development and Advocacy.

For more information, visit our website at www.hcapweb.org or our social media accounts:

@HCAPhi



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