

Workshop Sessions

INSIDE

- 9:30 am Travis Motosue, Financial Benefits Insurance Co.
“Navigating Medicare”
- 10:15 am The Ihara Team/Senior Move Managers
with Dan Ihara
- 11:30 am Oral History of Okinawan Kibei/Nisei/Issei Women
with Karen Oshiro
- 12:15 pm Percy Ihara, Generations Magazine

OUTSIDE

- 8:30 am Body & Brain with Roy Arakaki and Carol Miyashiro,
Certified Instructors
- 9:15 am Seating and Positioning Wheelchairs
with Karen Oshiro, MaEd, ATP
- 10:00 am Body & Brain, in wheelchair plus
- 11:00 am “Zumba Gold”
with Frances Hokama, Certified Instructor
- 11:45 pm Walkwise Hawaii, with Anita Nihei

Acknowledgements

Yomitan Club, Gwen Fujie, President
Yonabaru Chojin Kai, Terry Taira
Pat Miyashiro and the Andagi Team
Vacations Hawaii - Kevin Kaneshiro
Generations Magazine
Kent Billings, Club Motobu
HUOA Staff
HOC Volunteers
Karen Oshiro

Carol Miyashiro
Roy Arakaki
Frances Hokama
Anita Nihei
Lisa Yamamoto
Fran Shiraki
Ginger Keller, West O’ahu Voice
Maria Kanai



Friday 6/17/22
9 am to 1 pm

HUOA

Senior Health & Fitness Fair

at the Hawaii Okinawa Center

Educational & Wellness Workshops
Products & Services for Seniors
Valuable information for Caregivers & Families
Health, Safety, Financial, Cultural Booths

WIN a

5 night California Hotel stay with 3 meals daily (without air fare).
Courtesy of

Vacations Hawaii
HAWAII • LAS VEGAS

- Giveaways
- Door Prizes
- Free Blood Pressure Test
- Tons of FUN!



FREE ADMISSION - OPEN TO THE PUBLIC

Hawaii Okinawa Center - 94-587 Ukee St., Waipio
808-676-5400 / www.huoa.org / info@huoa.org

Booth Locations

- 1 & 2 Reception
- 4 Ikigai
- 5 Kaiser Permanente
- 6 CapTel Outreach
- 7 Access to Independence
- 8 Premier Benefits
- 9 & 9a Food Sales
- 10 Reverse Mortgage Funding /
Generations Magazine
- 11 Copeland Insurance Group
- 12 Caption Call
- 13 Body & Brain Yoga Tai Chi
Health Center
- 14 & 15 First Aid/BP Screening
- 16 Financial Benefits Insurance
- 17 AARP Hawaii
- 18 The Plaza Assisted Living
- 19 Always Best Care
- 20 Humana
- 21 Ilima at Leihano Senior Living
- 22 REHAB Hospital of the Pacific
- 23 Vacations Hawaii
- 24 DOORPRIZES
- 25 Travel Products Hawaii
- 26 HGEA Retirees Unit, Oahu
- 27 Ihara Team /
Senior Move Managers

- 28 Palolo Chinese Home
 - 29 EM Hawaii
 - 30 Board of Water Supply
 - 31 Navian Hawaii
 - 32 Aloha Independent Living HI
 - 33 Alzheimers
 - 34 Office of Elections
 - 35 Honolulu Fire Department
 - 36 The Queen's Health Systems
 - 37 & 38 HUOA Marketplace
 - 39 Usborne Books & More
 - 40 Senior Benefits Consultants
 - 41 Altres Home Care
 - 42 DCCA, Office of the Securities
Commisioner
 - 43 Mediation Center of the Pacific
 - 44 Locations Hawaii
 - 45 Maluhia
 - 46 Project Dana
 - 47 Manoa Cottage Care Homes
 - 48 Walkwise Hawaii
 - 49 East2West Acupuncture
+ Massage
- Parking Lot**
 Soderholm Bus & Mobility
 National Kidney Foundation HI

