



St. Francis

HEALTHCARE SYSTEM OF HAWAII
A Legacy of Caring for Hawaii's People

Live Every Moment

December Wellness Opportunities St. Francis Senior Community Center

Classes take place at the new St. Francis Senior Community Center located at 2230 Liliha St. Register by contacting Kauai Asing, Program Administrator, at kasing@stfrancishawaii.org or (808) 547-8092.

Gentle Yoga and Stretching

Monday, December 2, 2019

4:30–5:30 pm (Classes will resume January 2020)

Awaken areas of your body that feel weak, unwind chronic tension, and gain more balance and flexibility. Ideal for those with physical limitations or are recovering from injuries. Yoga is for everyone, no matter what your age! You'll learn simple poses, stretches and transitions while seated or standing with special attention on breathing.



Ligaya Stice, MD, is a pediatric anesthesiologist at Kapiolani Medical Center for Women and Children. Ligaya came to yoga after years of movement training in gymnastics, ballet and jazz dance.

Hula *New students are welcome*

Every Thursday

6:30– 8:30 pm

Learn contemporary-style or hula `auana in the Beamer Family tradition. Kumu Hula Val helps students build a solid foundation that underlies every graceful hula. Careful attention is given to basic steps and gestures so that the dancer can access deep inner confidence while dancing.



Kumu Hula Val Lui-Kwan has been dancing since her youth and received extensive training with distinguished Kumu Hula, Edith Kanaka`ole and Myrtle and Nona Beamer. She has also taught at Kamehameha Schools and Kaimuki High School.

Zumba Cardio Fitness *Limited to 12 students per class*

Every Saturday

Check in 7:45am, Class 8–9 am

Get active with great people at the dance party workout that moves at your own pace. These classes are medium-intensity, low-impact cardio workouts designed for beginners. The class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Join the party! Dress comfortably and bring a water bottle and small towel.



Frances Hokama is a certified Zumba instructor, who says Zumba has boosted both her physical and mental health. She is delighted to share the fun and happiness with others.

Register for Yoga, Hula or Zumba Classes Today!

To register for a class or to receive notifications about new offerings as they become available, contact Kauai Asing, Program Administrator, at kasing@stfrancishawaii.org or (808) 547-8092.