

PIHP - WINCART HAWAI'I

Pacific Islander Health Partnership

"Weaving and Islander Network for Cancer Awareness Research & Training"



'Ai Pōhaku by Eric Enos '72

PRESENT

'16th `Ohana Retreat, June 23 – 25, 2006

University of California, Irvine, Bucklebury Library, Middle Earth

I Ola Ke Kino - I Ho`oikaika Ke Kino

"Let the body enjoys health! Stay active and exercise!"

APPLICATION

- La`au Lapa`au: Hawaiian healing practices and medicinal plants
- Hawaiian Wellness & Health: `ohana, community, self regarding "*Hawaiian spirituality & cultural trauma*"
- Nā Keiki - Kamali`i Program by Kamehameha Schools, Extension Education Division: `Ōlelo Hawai`i: mō`olelo, mele, oli, poetry, language, music, traditional arts project: `Ohe kapala (bamboo stamps)
- Ho`okani pila: bring `ukulele, guitar, singing
- 24-hour Hawaiian Health video, DVD & books library: books, references, VHS, CD, DVD resources *bring your favorite book, program, other resources to share*
- Nā hana lima no`eau: traditional arts project (`ohana completes art project to take home)
- Hula – hulaize, exercise activity program for the `ohana
- `Ai pono: Hawaiian foodways, diet and nutrition (pack a favorite Hawaiian snack to share)
- Sunday: Pule `Ohana, Hō`ike (exhibit/performance, share the weekend experiences)

Please reserve the following space(s) for `Ohana Retreat:

<i>NAME</i>	<i>AGE</i>	<i>MEDICAL RESTRICTION (S)</i>

(Double occupancy – please include any special rooming request(s))

Cost: \$75.00 (adults) \$30.00 (Children 5 – 15 years) Limited **scholarships** available upon request. No cost for children under 5years staying with parents. Cost includes: lodging, all foods, materials & supplies, insurance, parking, `Ohana Retreat photo (one per `ohana).

Deposit: \$50.00 Adults/Kūpuna \$20.00 Children Balance due at Registration DEADLINE: June 10

Signature

Address

City

Zip Code

Phone / Email

Please make check out to: **PIHP** (Pacific Islander Health Partnership)

Mail to: 11650 Malden Street, Cypress, CA 90630

More information: Keoki Shigematsu (714) 894-2203

Kaiwi Pang (714) 968-1785

Date Recd: _____ Check # _____ Amount: _____ Balance Due: _____ Initials: _____