

## KGWO 2007 Education Events

Date	Topic	Presenter	Location	Time	Core Committee Responsible	Equipment/Materials
Saturday March 3	Walk Your Way to Wellness	Terri Halliday	Vidinha Stadium	8:00 – 9:00 am	Bev Brody	
Wednesday March 7	How to Survive the Weigh Out	Nalani Brun/Anna Velasco	Lihue Neighborhood Center	5:30 – 6:30 pm	Nalani Brun	
Wednesday March 14	Cooking with Caella	Caella	Lihue Neighborhood Center	5:30 – 6:30 pm	Bev Brody	
Wednesday March 21	Turbo Charge Your Calorie Burning Power!	Bev Brody	Lihue Neighborhood Center	5:30 – 6:30 pm	Bev Brody	
Saturday March 31	Cultural Sports Day	Anna Velasco	The Park Across from the Armory in Kapa`a	2:00 – 5:00 pm	Anna Velasco/ Bev Brody/ Nalani Brun/Kureen Medeiros	
Wednesday April 4	The Power of a Positive Kitchen/ Are you Label Able	Sharon de la Pena	Lihue Neighborhood Center	5:30 – 6:30 pm	Sharon de la Pena	
Saturday April 14	Container Gardens: Grow Your Own	Terry Sekioka/ Laura Kawamura	Garden Fair	10 am; 11 am; 1 pm; 2 pm	Laura Kawamura	
Wednesday April 18	Real People, Real Food	Team Extreme Gang	Lihue Neighborhood Center	5:30 – 6:30 pm	Marla Silva	
Wednesday April 25	Color Your Way to Wellness	Anna Velasco	Lihue Neighborhood Center	5:30 – 6:30 pm	Bev Brody	
Wednesday May 2	From Fit Bucks to Fit Habits	Ka'ai'ai Palignawan and company (HLH Behavioral Health)	Lihue Neighborhood Center	5:30 – 6:30 pm	Michelle Martinez	
Wednesday May 9	Planning for the Future Cash in Education Bucks		Lihue Neighborhood Center	5:30 – 6:30 pm	Bev Brody/Laura Kawamura	

### Comments:

Microphone/Sound System – All Presentations – Ho`ola Lahui Hawaii (HLH)

Lap Top - HLH

LCD Projector - HLH

Screen - HLH

White Board and/or Flip Chart -

Flip Chart Paper