

KGWO 2007 PHASE II PEDOMETER TRAINING

Pick up your pedometer and log sheets at one of the following training sessions and you will be walking happily in Phase II!

County Historical Building/Lihue

Monday, May 14, 12 noon – Nalani
Tuesday, May 15, 1pm – Nalani
Wednesday, May 16, 1pm – Bev
Thursday, May 17, 4:30pm – Nalani

Kapa`a Neighborhood Center

Monday, May 14, 5pm –Bev
Thursday, May 17, 5pm – Bev
Saturday, May 19, 9:15 am - Bev

Kekaha Neighborhood Center

Thursday, May 17, 4:30 pm – Chacha

Anahola Park Pavilion

Wednesday, May 16, 5:30pm - Anna

Kauai's Great Weigh Out Pedometer Challenge...taking you to the level of health and fitness you deserve!

Kilauea Neighborhood Center

Tuesday, May 15, 5pm - Bev

Ho`ola Lahui Hawai`i

Any Questions? Call Bev, Kureen or Nalani @ 240-0100

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bevbrody@hoolalahui.org