



Kaua'i Community College 9th Annual Health Fair



Tuesday, November 12, 2024
9:00 a.m. • 1:00 p.m.
Fine Arts Auditorium
light lunch provided

Nursing Students Presentations:

- **Smart Snacking for Stable Blood Sugar: Healthy Choices for Diabetes Management**
 - Importance of Nutrition and Healthy Eating
 - Effects of Cigarette Smoking and Vaping
- **Ways to Improve Mental Health/Coping Techniques**
- **Effects of Drunk Driving on Different Generations**
- **Staying Active for Life, Longevity and Quality**

Community Organizations

Hōola Lahui CHW
Coalition for a Tobacco Free Hawai'i
Hale O'pio
Kaua'i Department of Health
Kaua'i Police Department
Kaua'i Fire Dept Ocean Safety
Prevent Suicide Kaua'i Taskforce
Mālama Pono
Hawai'i Foodbank Kaua'i Branch
YWCA

KCC Campus Groups

Early Childhood Program
Public Health Program
Title IX
Disability Services

Other November Health Activities will be:

- 11/7, Thursday, 12-1 pm, OCET 105 - bring your own lunch and learn healthy wellness strategies
- 11/8, Friday, 10:30-11:30 am - Financial Wellness in OCET 105 - light brunch provided
12-1 pm - PiYo in Fine Arts Auditorium
- 11/13, Wednesday, 11-12 pm - Hula at the Imu Hale - light lunch provided after
- 11/14, Thursday, 11-12 pm - Line Dancing at the Fine Arts Auditorium
12-1 pm - Myofascial Release at the Fine Arts Auditorium (max 10 ppl)
4:00-5:30 pm - Healthy Recipes Make and Eat, BYOB, Demo Kitchen (max 20 ppl)
- 11/15, Friday, 11-12 pm - Zumba at the Fine Arts Auditorium, light snacks provided after
- 11/16, Saturday, 9-10 am - Barre at Barre Soul in Kapaa
- 11/19, Tuesday, 12-1 pm - Alzheimers Signs in OCET 105

More info? • contact Laura Dillman, ext 379 or dillman@hawaii.edu.