



Classes held three times a week at six sites: Kekaha, Waimea, Kaumakani, Kōloa, Līhu'e and Kīlauea Neighborhood Centers



stretching



Balance exercises are incorporated throughout the class



warm-ups and cardio



*“Working Together for a Strong, Healthy Kaua'i”*

Kaua'i's Healthy Aging Partnership: (l-r) Bottom row: Terri Halliday (50+ Lifelong Fitness) and Charlyn Nakamine (AEA); Middle row: Melanie Okamoto (Parks & Recreation), Jan Pascua (Kaua'i District Health Office), Kealoha Takahashi (AEA), and Celia Melchor-Questin (KEO, Inc.); Back row: Naomi Sugihara (AEA), Dr. Arnulfo Diaz, and Johnny Yago (AEA). Not pictured: Serena Arts (KCC Nursing Dept.).



Upper and lower body strength training

