

# HUOA SENIOR HEALTH AND FITNESS FAIR

FRIDAY, JUNE 14, 2019 AT HOC (MAIN BALLROOM)

9 AM TO 1 PM

## INDOOR WORKSHOP IN MAIN BALLROOM

- (1) 9:30 – 10:00 a.m.  
Lee Financial Group Hawaii, Inc. – Tax Free Municipal Bond Fund, Investment Portfolio Management, Long Term Options, Retirement Planning. (Booth #42)  
Topic: “Tax Free Opportunities” – Speaker(s) – Lee Ann Matsuda or Kathy Lum
- (2) 10:10 – 10:40 a.m.  
Ihara Team/Senior Move Managers (Booth #27)  
Topic: “Declutter Solutions/Senior Living Options” – Speaker – Jamie Fujioka
- (3) 10:50 – 11:20 a.m.  
Retina Associates of Hawaii (Booth #41)  
Topic: “Eye Health for Adults” – Speaker – Dr. Anna Parlin
- (4) 11:30 a.m. – 12 noon  
The Mediation Center of the Pacific (Booth #43)  
Topic: “Kupuna Pono: Helping Families Having Difficult Conversations” – Speaker – Katie Ranney
- (5) 12:10 – 12:40 p.m.  
Financial Benefits Insurance (Booth # 7& 16)  
Topic: “Navigating Medicare or Medicare Made Easy” – Speaker Justin Okamura  
Kathy Fukushima

## OUTDOOR WORKSHOP IN TAKAKURA GARDEN UNDER CANOPY

- (1) 9:45 – 10:25 a.m.  
Lanakila Nenchosa Club  
“Senior Exercise” – Instructor Jane Higa
- (2) 10:30 – 11:10 a.m.  
Jan Fujii and Associates  
“Sit Down Tai – Chi” – Instructor Jan Fujii
- (3) 11: 15 – 11:55 a.m.  
Body and Brain for Seniors  
“Gentle Yoga” – Instructor Karen Hirai
- (4) 12:00 – 12:40 p.m.  
Mililani YMCA  
“Chair Zumba” – Instructor Ryoko