

SUNRISE FOUNDATION
presents

"JOURNEYS TO WELLNESS VII"

Saturday, October 13, 2018, 8:30 am-3:00 p.m.
Community Church of Honolulu
2345 Nuuanu Ave. Honolulu, Hawaii 96817

KEYNOTE SPEAKER

- **Dr. Randal Wada**, Associate Professor, University of Hawaii School of Nursing and Dental Hygiene and noted researcher on cellular cures for cancer. Title of Address: "**Resilience And Mortality: Conversations Your Doctors Wish They Could Have With You**"
- **RESPONDENTS:** Wendi Hirsch Major, Ph.D. and Ruey Ryburn, Ph.D.

The morning session will also present

- The 2018 Puaka`ana o ka lā Awardees: **Amy Agbayani, Frank DeLima and Teruo Kawata**
- Music by Sherwood Chock (voice) and Hari Bayani (flute)

WORKSHOPS OFFERED

- | | |
|---|-------------------|
| 1 Conversation With Dr. Randal Wada & Respondents | Church Office |
| 2 Millennials' Pursuit Of Wellness In Today's World , Jeff Acido, Ph.D., moderator
Panelists: Kevin Faller, Grace Jean-Pierre, Gregg Yamauchi & Reiki Young | Classroom 1 |
| 3 Improve Everything In The World, Including You
Rev. Gabrielle Fackre Chavez & Thomas C. Chavez | Founders Room |
| 4 Meditation And Principles Of The Martial Art
Gary Omori | Sanctuary |
| 5 Surviving And Thriving After Cancer: A Spiritual Approach
Christa Wittmier & Michael Hodge | Classroom 2 |
| 6 From Conflict To Collaboration In Shared Care-Giving
Marina Piscalish, Ph.D. | Leigh Hooley Room |
| 7 Good Soil: Organic Farming, Holistic Health & Sustainable Communities
Mark Hamamoto | Makai Patio |

- During the workshops a "Wellness Fair" will be held in the walkway fronting the office and in the adjoining mauka patio, offering free massage therapy by Chad Imano and tea ceremony, flower arrangement and Okada Purification Therapy by MOA.
- An Awesome Lunch To Be Offered By Sarah Loui Lum

SIGN UP

- Cost: \$25 prepay, \$30 at the event (includes lunch & materials), \$15 for fulltime students
- To Register: Complete the attached registration form and mail check to:
Sunrise Foundation
PO Box 235708
Honolulu, HI 96823
- For more information, contact Ron Yamauchi (808-839-6910) or email info@sunrisefoundationhawaii.org.
- Visit our website: www.sunrisefoundationhawaii.org

SUNRISE FOUNDATION
JOURNEYS TO WELLNESS VII
Saturday, October 13, 2018

Registration form

Last name: _____ First name: _____

Phone No: _____

Email: _____

MAILING ADDRESS:

Street: _____ City: _____

State: _____ Zip code: _____

Names of attendees: _____

Names of attendees: _____

Have you attended previous Wellness events? If so, when? Please mark each box:

I 2012 II 2013 III 2014 IV 2015 V 2016 VI 2017

Amount enclosed (includes lunch): _____ Check No. _____

Mail completed form and check to:
Sunrise Foundation
PO Box 235708
Honolulu, HI 96823

Please make check payable to Sunrise Foundation
Early registration: \$25 / At the door: \$30