



Using Movement to Improve Your Physical Health

Learn how routine physical activity can help improve feelings of pain and stiffness, prevent blood clots, and increase the ability to do activities of daily living over time by scanning the QR Code above.



Move with Ease: Stretching to Support Everyday Living

Activities will consist of stretches and light exercises to promote flexibility, movement, and strength while reducing the risk of injuries from falling. Recommended for all ages, especially those with limited mobility.

Open to the community. **Pre-registration required.**

Fee: No Fee

Location: **Kaiser Permanente West Oahu Medical Office**
Community Conference Room, 1st Floor
401 Kamokila Blvd, Kapolei, HI 96707

Sessions: One

Dates/Times: Thursday, April 30th, 10:00 AM to 11:00 AM

These educational sessions are for general informational purposes only and is not intended to diagnose or treat any condition. If you are unsure about your ability to safely participate in this educational session, please refrain from participating and contact your physician for medical clearance before attempting anything suggested in the educational session. By virtue of this session, neither Kaiser Permanente nor its physicians create a physician-patient relationship with anyone viewing the session.



To register or for more information, please call **(808) 432-2260** or email **kaiserpermanente.healthylivingclasses@kp.org**