

SUNRISE FOUNDATION
PRESENTS

“JOURNEYS TO WELLNESS VIII”

Saturday, September 28, 2019, 8:30 a.m.-3:00 p.m.
Community Church of Honolulu
2345 Nuuanu Ave. Honolulu, Hawaii 96817

KEYNOTE SPEAKER & RESPONDENTS

- **Caroline Sakai, Ph.D.**, psychologist and author of “**Overcoming Adversity: How Energy Tapping Transforms Your Life’s Worst Experiences**”

Title of her address is:

Helping hands for health

Overcoming adversity

Promoting growth in spirit, mind and body

Enhancing well-being

- **Respondents: Rev. David Rivers**, Sr. Minister, Central Union Church; **Pōkā Laenui** (Hayden Burgess), J.D., consultant and practitioner of Energy Tapping.

The morning session will also honor the late Sr. Joan Chatfield
and the 2019 Puaka`ana o ka lā Awardees:

Alice Tucker, Rev. William Kaina & Robin Kitsu

WORKSHOPS OFFERED

- | | |
|---|-------------------|
| 1. Conversation with Keynote Speaker & Respondents | Church Office |
| 2. Blue Zone Projects
Facilitators: Molly Mamaril & others | Sanctuary |
| 3. 21st Century Medicine
Facilitator: Norman Oshiro, MOA Hawai`i | Classroom 1 |
| 4. Acupuncturists Without Borders Community Clinic
Facilitator: Corey Wong | Classroom 2 |
| 5. Tao Calligraphy & Moving Meditation
Facilitators: Diane Fujio & Orlena Wong | Leigh Hooley Room |
| 6. Contemplative Prayer
Facilitator: Carol Alevizos | Founders Room |
| 7. Equipping Youth, Cultivating Land and Preserving Culture
Facilitators: Bruce Keaulani & staff, Living Life Source Foundation | Makai Patio |

- During workshops, free massage therapy will be offered by **Chad Imano** in front of the church office.
- A perennial nutritious and delicious lunch will be offered by **Sarah Loui Lum**.
- **To register:** Complete the attached registration form and mail it and your check to:

Sunrise Foundation
PO Box 235708
Honolulu, HI 96823

Or purchase tickets online at www.brownpapertickets.com, find event **Journeys to Wellness VIII**.

- **Cost:** \$25 prepay, \$30 at the event, \$15 for fulltime students (includes lunch & materials)
- **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 VIII**

Saturday, September 28, 2019

Registration form

Last name: _____ First name: _____

Phone No: _____

Email: _____

MAILING ADDRESS:

Street: _____ City: _____

State: _____ Zip code: _____

Name(s) of attendees: _____

Additional names: _____

Kindly check below previous Journeys to Wellness you've attended:

2012 2013 2014 2015 2016 2017 2018

Amount of check enclosed: _____ 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

