

nhSUNRISE FOUNDATION

In partnership with TOHO NO HIKARI HAWAI`I, is pleased to present

JOURNEYS TO WELLNESS XI

Saturday, October 28, 2023, 8:30 am-1:00 p.m.

TOHO NO HIKARI HAWAI`I

3510 Nu`uanu Pali Drive & Old Pali Road (ample parking available)

KEYNOTE SPEAKER: KEVIN KAWAMOTO, PH.D.

Former associate professor in the School of Communications and lecturer in gerontological social work in the Thompson School of Social Work and Public Health at the UH Manoa

TOPIC: "OUR SACRED RELATIONSHIP TO WATER"

Respondents:

Aunty Puanani Burgess Danny Goya Reiki Kahikina Young

Donna Wallace, moderator

The morning session will also honor the 2023 Puka`ana o ka lā awardees:

Ernest "Ernie" Lau, Pua Case and Gerald Oda

WORKSHOPS OFFERED

1. Conversation with keynote speaker and respondents
2. Calming Stress and Distress with Energy Healing: **Caroline Sakai, Ph.D.**
3. Sitting and Standing your Way to Integrated Wellness: **Corey Wong**
4. Exchanging *Omotenashi* Through Tea: **Roy Goshi-Otaguro**
5. Finding Meaning in Our Grieving: **Felicia Marquez Wong, MSW, and Rev. Dr. JP Sabbithi**

Featured Performing Artists

Kumu Hula Ardis Gomes & the Halau O Kawaiaha`o, Hari Bayani,
Sherwood "Woody" Chock, Robbie Berkstresser and Kapono Wong

A vegetarian lunch prepared by Aisha Asami from MOA Hawai`i will be served

~kalo (taro) is life~

Registration

Cost: \$25 prepay \$30 at the event (includes lunch and materials)

Complete the attached registration form and mail it and your check to:

Sunrise Foundation

P.O. Box 235708

Honolulu, HI 96823

or register online at brownpapertickets.com and go the Journeys to Wellness XI
For information contact Donna Wallace (dwallace@sunrisefoundationhawaii.org),

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