

SUNRISE FOUNDATION
in partnership with TOHO NO HIKARI HAWAI`I, present
“JOURNEYS TO WELLNESS X”

Saturday, Nov. 5, 2022, 8:30 a.m.-1:00 p.m.
TOHO NO HIKARI HAWAI`I
3510 Nu`uanu Pali Drive & Old Pali Road

THEME: “NATURE’S FORCE IN HEALING & WELLNESS”

Moderator: **Norman Oshiro**, MOA Hawai`i Nature Farm Manager

Panelists

Katie Kamelamela, KL Kamelamela Consulting on the Big Island
Mark Hamamoto, Founder & Executive Director, Mohala Farms in Waialua
Phyllis Look, Certified Forest Therapy Guide, Forest Bathing Hawai`i
Adam Laeha, Forestry & Hawaiian Native Plant Specialist

The morning session will also honor the 2022 Puka`ana o ka lā Awardees:

David Derauf, Tin Myaing Thien & Jan Edward Hanohano Dill

Workshops Offered

1. **The Health Giving Mamaki & Other Native Plants** by Katie Kamelamela
2. **Organic Farming & Holistic Health** by Mark Hamamoto
3. **Invitation to Forest Therapy** by Phyllis Look
4. **Gardening for Wellness** by Adam Laeha
5. **A Nature Garden Experience** by Norman Oshiro

Featured Performing Artists

Halau Hula O Kawaiaha`o

Hari Bayani

Kapono Wong

A vegetarian Bento lunch with drinks will be served.

Registration

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

Register online at **[brownpapertickets.com](https://www.brownpapertickets.com)** and go to **Journeys to Wellness X**
or complete the attached registration form and mail it and your check to:

Sunrise Foundation

P.O Box 235708

Honolulu, HI 96823

For information, contact **Ron Yamauchi** (808) 436-5171 or **Jody Kanemaru** (808) 595-6344

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