



# HEALTHY HAWAII LUNCHTIME YOGA

October is HAIP Yoga Month. Join us for a short session with IAIP member & yoga instructor Danny Douglas, who will teach us strategic mid-day moves.

October 26, 2021  
12:30pm to 12:50pm (HST)

RSVP: [katharintg@aol.com](mailto:katharintg@aol.com) by 10/22/21