

HMSA HEALTH EDUCATION

Registration Required. Please call 948-6398 or 1-800-525-6548.

Dates and times subject to change.

STRESS MASTER 3.0					
MONTH	DAY	DATES	TIMES	LOCATION	CLASS NUMBER
JULY	WEDNESDAY	JUL 13,20,27	9:30 - 11:30 AM	HILO HEALTHPASS	SM1141
	WEDNESDAY	JUL 13,20,27	5:30 - 7:30 PM	HILO HEALTHPASS	SM1142
	TUESDAY	JUL 19,26 AUG 2	5:30 - 7:30 PM	MAUI BRANCH OFC	SM1143
	WEDNESDAY	JUL 20,27 AUG 3	9:00 - 11:00AM	MAUI BRANCH OFC	SM1144
AUGUST	SATURDAY	AUG 6*	8:30 AM - 3:00 PM	HMSA	SM1145
SEPTEMBER	SATURDAY	SEP 10, 17, 24	9:00 - 11:00 AM	AIEA INT. SCHOOL	SM1151

*ONE-DAY STRESS MASTER RETREAT