Learn how to “live the proper way” by attending the middle school health fair. Students will be given the opportunity to register for break-out sessions of their choice. Each student is to select ONE 90 minute break-out session and TWO 45 minute break-out sessions.

**Directions for on-line Registration:**
- On-line registration will begin on March 3 at 6:00pm and end on March 7 at 12:00 midnight.
- Sessions are in two groupings - A, B & C and D, E & F. *You may ONLY select sessions offered within those groupings. For instance, you may not select a presentation from Session A and Session F.*
- Break-out sessions will be filled on a first-come, first-serve basis. Each student registration will be time stamped.
- Students will receive their personal schedule on March 17 during HH time.

**SESSIONS A, B & C**

**Session A (8:15 – 9:00)** – By signing up for a Session A, you will need to sign up for a Session B and a Session C.

1. *Prescription Drugs: Are They Really Dangerous?* Learn from the Coalition for Drug Free Hawai‘i about the dangers of prescription drugs. Just because a doctor prescribes, it doesn’t mean that it’s totally safe. Prescription drugs have taken the lives of promising actors such as Heath Ledger (Batman- Dark Knight), Anna Nicole-Smith (Reality TV Celebrity/Model) and icon, Michael Jackson.

2. *Living in Lōkahi (Harmony)* – This interactive session will teach you how ancient Hawaiians practiced the concept of lōkahi and how it can be applied to achieve balance and harmony in all aspects of your life.

3. *Experience the Wyld Side of Life* – This interactive session will teach you how God’s spiritual plan for you life can be fulfilling, exciting and wyld!

4. *Oh, hum…Hummus* – This interactive session will teach you how to prepare a traditional Middle Eastern spread that actor Adam Sandler (Don’t Mess With the Zohan) spread on nearly everything! It is a healthy, low fat and protein rich food source, not to mention, ‘ono (delicious).
5. **Ke Ola Mamo** – One of the five Native Hawaiian Health Care Systems, Ke Ola Mamo is committed to improving the overall health of all Hawaiians. Learn what services are available for Native Hawaiians from medical care to healthy lifestyles and education. Come on out and be empowered and share this important information with other Hawaiians.

6. **Your Healthy Eye** – Dr. Jan Hara, O.D. will share her mana‘o about maintaining the health of your eyes. Dr. Hara will speak about careers in the optometry.

7. **Emergency Medical Services** – What happens when you call 911 for an ambulance? Each year EMS will respond to 60,000+ 911 emergency calls. Learn more about the 911 ambulance service and the daily challenges that an EMS Crew faces.

8. **Life Foundation: Stop the Spread of HIV** – “Since 1983, the Life Foundation has been dedicated to stopping the spread of HIV and to assisting people who are living with HIV and AIDS.” Learn how you can help in the battle against HIV/AIDS. (lifefoundation.org)

9. **Yoga** – Learn the basic yoga poses and how to incorporate yoga in a healthy lifestyle in this interactive session. No experience necessary.

10. **Racquet Ball** – Invented in 1950, racquet ball has gained popularity. Learn the basics of racquet ball and how to incorporate this sport as part of a healthy life style in this interactive session.

11. **What Does God Say About Our Emotions?** – Believe it or not, God has specific instructions about our emotions. Learn more about His plan for a healthy emotional and spiritual life from KS graduate, Kei Omo.

12. **Internet Safety: What You Need to Know to be Safe** – Learn how to keep yourself safe while cruising the internet. This interactive session will be taught by members of the State Attorney General’s Office.

13. **Dying To Be Thin: Eating Disorders** – Learn more about how some individuals literally are “dying to be thin”. This session will examine the treatment and consequences of eating disorders.

14. **Kevin Tunell Story: Drunk Driving** - Based upon the true story of Kevin Tunell, learn the negative consequences of alcohol consumption and driving while intoxicated.

15. **What Happened to My Lunch? Digestion** – Learn how the amazing digestive process works.
16. **Cyber Safety** – How can you keep yourself safe while cruising in cyber space? Learn from retired HPD Detective, Chris Duque, guidelines and tips that could keep you safe.

17. **That Not So Funny Weed: Marijuana** – Learn about the facts about short and long term marijuana use.

18. **Wii: A Fun Fitness Routine** – Not an outdoor person? But still want to be active? Try the Wii as an indoor option to a healthy lifestyle.

19. **Cooking Up Shintani** – “Living Legend”, Dr. Terry Shintani has authored the “HawaiiDiet Cookbook”. Learn how to prepare a delicious and nutritious meal from this popular cookbook.

20. **Fat Is Where It’s At: Good vs. Bad Fat** – There is so much attention in the media about fat. Learn the facts about this essential nutrient and its role in overall health and fitness.

21. **Sports Clinic** – Get moving; get active by running through sports conditioning routines.

22. **A Body to Die For: Deadly Consequences of Steroids** – Learn the facts about the muscle building drug, steroids.

**Session B (9:10 – 9:55)** - By signing up for a session B you will need to sign up for a session A and a session C.

1. **Gateway Drugs & Prevention Resource Center** – What are the “Gateway Drugs” What drug prevention resources are available? This interactive session will answer those questions.

2. **Living in Lōkahi (Harmony)** – This interactive session will teach you how ancient Hawaiians practiced the concept of lōkahi and how it can be applied to achieve balance and harmony in all aspects of your life.

3. **Cyber Safety** – How can you keep yourself safe while cruising in cyber space? Learn from retired HPD Detective, Chris Duque, guidelines and tips that could keep you safe.

4. **So You Think You Know…Basic Nutrition?** – Learn the facts; dispel the myths about basic nutrition and how you can incorporate these facts into a healthy lifestyle.

5. **Teen Pregnancy, Autism, Childhood Obesity and Marijuana Abuse** – Learn the facts about teen pregnancy, autism, childhood obesity and
marijuana abuse from students in the Farrington High School Health Academy.

6. **Living Pono: Making Right Choices** – KS graduate, Ka‘ala Souza will lead this interactive session. Learn how our attitude and decisions can act as compass points in our lives, helping us make right, pono, course corrections.

7. **Experience the Wyld Side of Life** – This interactive session will teach you how God’s spiritual plan for your life can be fulfilling, exciting and wyld!

8. **Oh, hum...Hummus** – This interactive session will teach you how to prepare a traditional Middle Eastern spread that actor Adam Sandler (Don't Mess with the Zohan) spread on nearly everything! It is a healthy, low fat and protein rich food source, not to mention, ‘ono (delicious).

9. **Racquet Ball** – Invented in 1950, racquet ball has gained popularity. Learn the basics of racquet ball and how to incorporate this sport as part of a healthy life style in this interactive session.

10. **Alzheimer’s Disease and Text Messaging** - Learn the facts about Alzheimer’s disease and text messaging from students in the Farrington High School Health Academy.

11. **UH Woman’s Volleyball Players** – UH Wahine Volleyball Players, Brittany Hewitt and Kanani Danielson will share their mana‘o about their faith walk with Christ and His involvement in all aspects of their life, including sports. Hewitt and Danielson are members of The Fellowship of Christian Athletes.

12. **Skin Cancer Facts** - Learn about the different types of skin cancer. Find out ways to protect your skin from students in the Farrington High School Health Academy.

13. **Ke Ola Mamo** – One of the five Native Hawaiian Health Care Systems, Ke Ola Mamo is committed to improving the overall health of all Hawaiians. Learn what services are available for Native Hawaiians from medical care to healthy lifestyles and education. Come on out and be empowered and share this important information with other Hawaiians.

14. **Your Healthy Eye** – Dr. Jan Hara, O.D. will share her mana‘o about maintaining the health of your eyes. Dr. Hara will speak about careers in the optometry.

15. **Emergency Medical Services** – What happens when you call 911 for an ambulance? Each year EMS will respond to 60,000+ 911 emergency calls. Learn more about the 911 ambulance service and the daily challenges that an EMS Crew faces.
16. Life Foundation: Stop the Spread of HIV - “Since 1983, the Life Foundation has been dedicated to stopping the spread of HIV and to assisting people who are living with HIV and AIDS.” Learn how you can help in the battle against HIV/AIDS. (lifefoundation.org)

17. Healthy Choices For Your Spiritual Self – Learn how to make healthy spiritual choices and decisions in this interactive session.

18. Internet Safety: What You Need to Know to be Safe – Learn how to keep yourself safe while cruising the internet. This interactive session will be taught by members of the State Attorney General’s Office.

19. Dying To Be Thin: Eating Disorders – Learn more about how some individuals literally are “dying to be thin”. This session will examine the treatment and consequences of eating disorders.

20. Kevin Tunell Story: Drunk Driving - Based upon the true story of Kevin Tunell, learn the negative consequences of alcohol consumption and driving while intoxicated.


22. Healing Power of Foods – Learn about the nutritional benefits and taste the difference between chemically grown versus organically grown foods in this interactive session.

23. Diabetes Awareness - Native Hawaiians are seven times more likely to die from complications related to diabetes than whites and have the highest diabetes rates in the state. Learn the facts and how to prevent, maintain and control diabetes from the American Diabetes Association.

Session C (10:10 – 11:50) - If you are signing up for a session C, you must sign up for a session A and a session B.

1. AirMed Hawai’i – Hawai’i’s only accredited air medical transport service between the Hawaiian Islands, the mainland and the world. Learn how this air ambulance operates.

2. Mea ‘Ai – Learn about the foods of our ancestors and how those good nutrition principles can be applied to modern times.
3. **Lomilomi** – Lomilomi is different from other types of massage. Learn about the unique Hawaiian healing massage, its cultural roots and significance.

4. **Lā‘au Lapa‘au** – Learn how Hawaiian medicinal herbs were used by highly trained cultural practitioners to heal health ailments and how those principles can be applied in modern times.

5. **Stay Cool, Be Cool, Be Fit: Develop Your Personal Swim Exercise** – Learn how to plan a personal swimming exercise schedule for total body fitness, in addition to developing the physique you’ve always wanted. *If you are confirmed for this session, you will be notified to bring swim wear and a towel.*

6. **Gyotaku: Catching, Printing and Eating Blessing from the Sea** – Learn about the ancient Japanese art of painting fish. This art form was originally created to preserve a record of the size of fish specimens. In this interactive session, students will learn about sustainable health principles and create their own gyotaku print.

7. **Hiking: A Healthy Way to Connect Culturally With the ʻĀina** – Embark on a leisurely and healthful hike up the slopes of the Kapālama hillside.

8. **Qi Gong and Taiji** – learn how to circulate the chi within your body through the ancient cultural practice in this interactive session.

9. **“Super Size Me”** – An American documentary film that explores the negative health effects of a high fat, fast food diet.

10. **P90X Extreme Fitness Program** – Are you ready for the fitness challenge? This interactive session will test your fitness and introduce you to the P90X fitness program.

11. **Try Wait…Again** - Empowering teens to be able to recognize and make positive and health choices through the abstinence message. Learn from the “Try Wait” Team important health messages.

12. **Osmosis Jones: How the Immune System Works** - Learn how your incredible immune system works through this entertaining presentation. *Note: If you are a member of Pūʻulu ʻOhe, you may NOT register for this session.*

13. **Sports Mania** – Get your game on at this interactive session by participating in a number of indoor sports.
SESSIONS D, E & F

**Session D (10:10 – 10:55)** – By signing up for a Session D, you will need to sign up for a Session E and a Session F.

1. **Prescription Drugs: Are They Really Dangerous?** Learn from the Coalition for Drug Free Hawai‘i about the dangers of prescription drugs. Just because a doctor prescribes, it doesn’t mean that it’s totally safe. Prescription drugs have taken the lives of promising actors such as Heath Ledger (Batman- Dark Knight), Anna Nicole-Smith (Reality TV Celebrity/Model) and icon, Michael Jackson.

2. **Living in Lōkahi (Harmony)** – This interactive session will teach you how ancient Hawaiians practiced the concept of lōkahi and how it can be applied to achieve balance and harmony in all aspects of your life.

3. **Cyber Safety** – How can you keep yourself safe while cruising in cyber space? Learn from retired HPD Detective, Chris Duque, guidelines and tips that could keep you safe.

4. **Street Dance Fitness (Beginners)** – This interactive session will teach you the basics of street dance and how it can be incorporated into a healthy lifestyle. This session is for BEGINNERS ONLY. Special attire: comfortable exercise/movement attire and covered exercise shoes (no black soles to avoid marking the wooden dance floor).

5. **Your Healthy Eye** – Dr. Jan Hara, O.D. will share her mana’o about maintaining the health of your eyes. Dr. Hara will speak about careers in the optometry.

6. **Share Your Smile Not Your Smoke: Tobacco Prevention** – Learn about the dangers of tobacco from students in the Wai‘anae Comprehensive Community Health Center Youth Health Corps.

7. **Mother’s Against Drunk Driving (MADD) Hawai‘i Chapter** – Learn from real-life stories and factual information about the dangers of drinking and driving.

8. **Nā Mea ‘Ai Pono: Healthy Hawaiian Traditional Foods According to Biblical Principles** – Learn how healthy and ‘ono (delicious) foods can be when prepared following God’s eating plan.

9. **Ke Ola Mamo** – One of the five Native Hawaiian Health Care Systems, Ke Ola Mamo is committed to improving the overall health of all Hawaiians. Learn what services are available for Native Hawaiians from medical care to healthy lifestyles and education. Come on out and be empowered and share this important information with other Hawaiians.
10. **Emergency Medical Services** – What happens when you call 911 for an ambulance? Each year EMS will respond to 60,000+ 911 emergency calls. Learn more about the 911 ambulance service and the daily challenges that an EMS Crew faces.

11. **Tobacco is Wacko** – The media glamorizes smoking. Professional athletes are shown using smokeless tobacco. Learn the facts about tobacco and how “wacko” it is to use tobacco products from the American Lung Association.

12. **Skin Care and Health: Surviving the Teen Years** - Learn the basics of good skin care and how to cope with life’s surprises – zits and more.

13. **Life Foundation: Stop the Spread of HIV** - “Since 1983, the Life Foundation has been dedicated to stopping the spread of HIV and to assisting people who are living with HIV and AIDS.” Learn how you can help in the battle against HIV/AIDS. (lifefoundation.org)

14. **Underage Drinking: Know the Facts** – What is the legal age to purchase alcohol? What is the law and consequences regarding underage drinking? Learn the facts from representatives from the State Attorney General’s Office.

15. **Dying To Be Thin: Eating Disorders** – Learn more about how some individuals literally are “dying to be thin”. This session will examine the treatment and consequences of eating disorders.

16. **Kevin Tunell Story: Drunk Driving** - Based upon the true story of Kevin Tunell, learn the negative consequences of alcohol consumption and driving while intoxicated.

17. **What Happened to My Lunch? Digestion** – Learn how the amazing digestive process works.

18. **That Not So Funny Weed: Marijuana** – Learn about the facts about short and long term marijuana use.

19. **Wii: A Fun Fitness Routine** – Not an outdoor person? But still want to be active? Try the Wii as an indoor option to a healthy lifestyle.

20. **Sports Clinic** – Get moving; get active by running through sports conditioning routines.

21. **A Body to Die For: Deadly Consequences of Steroids** – Learn the facts about the muscle building drug, steroids.
Session E (11:05 – 11:50) – By signing up for a Session E, you will need to sign up for a Session D and a Session F.

1. **The Shocking Facts About Crystal Meth** – Learn the facts about how the stimulant crystal methamphetamine, A.K.A – ice, batu, shabu, etc. – has destroyed dreams and lives.

2. **Eat More and Weigh Less: The Hawai‘i Diet** – Prior to Western contact, ancient Hawaiians were extremely healthy. Learn how returning to a traditional Hawaiian diet can result in optimal health from “2006 Living Legend”, Dr. Terry Shintani. Dr. Shintani will explain how you can “eat more and weigh less”.

3. **Nā Mea ‘Ai Pono: Healthy Hawaiian Traditional Foods According to Biblical Principles** – Learn how healthy and ‘ono (delicious) foods can be when prepared following God’s eating plan.

4. **Kūlia i ka Nu‘u: Strive for the Summit** – Learn how KS graduate, Dallas Carter, lost 190 pounds as he “strove for the summit”, to improve his health and his overall life.

5. **Your Healthy Eye** – Dr. Jan Hara, O.D. will share her mana‘o about maintaining the health of your eyes. Dr. Hara will speak about careers in the optometry.

6. **Tobacco is Wacko** – The media glamorizes smoking. Professional athletes are shown using smokeless tobacco. Learn the facts about tobacco and how “wacko” it is to use tobacco products from the American Lung Association.

7. **Emergency Medical Services** – What happens when you call 911 for an ambulance? Each year EMS will respond to 60,000+ 911 emergency calls. Learn more about the 911 ambulance service and the daily challenges that an EMS Crew faces.

8. **Skin Care and Health: Surviving the Teen Years** - Learn the basics of good skin care and how to cope with life’s surprises – zits and more.

9. **Life Foundation: Stop the Spread of HIV** - “Since 1983, the Life Foundation has been dedicated to stopping the spread of HIV and to assisting people who are living with HIV and AIDS.” Learn how you can help in the battle against HIV/AIDS. (lifefoundation.org)

10. **Freestyle Frisbee** – Learn Freestyle Frisbee Basics in this interactive session. No prior experience necessary. Learn how to incorporate this fun activity into a healthy lifestyle. You may become the next Freestyle Players Association member!
11. Healthy Choices For Your Spiritual Self – Learn how to make healthy spiritual choices and decisions in this interactive session.

12. Underage Drinking: Know the Facts – What is the legal age to purchase alcohol? What is the law and consequences regarding underage drinking? Learn the facts from representatives from the State Attorney General’s Office.

13. Cyber Safety – How can you keep yourself safe while cruising in cyber space? Learn from retired HPD Detective, Chris Duque, guidelines and tips that could keep you safe.

14. Dying To Be Thin: Eating Disorders – Learn more about how some individuals literally are “dying to be thin”. This session will examine the treatment and consequences of eating disorders.

15. Kevin Tunell Story: Drunk Driving - Based upon the true story of Kevin Tunell, learn the negative consequences of alcohol consumption and driving while intoxicated.


17. N1H1: Know the Facts – Learn the myths and truth about the N1H1 virus that caused world wide vigilance and awareness. Know that facts to keep you and your family healthy.

18. Living in Lōkahi (Harmony) – This interactive session will teach you how ancient Hawaiians practiced the concept of lōkahi and how it can be applied to achieve balance and harmony in all aspects of your life.

19. Street Dance Fitness (Intermediate) – This interactive session will teach you how street dance can be incorporated into a healthy lifestyle. This session is for INTERMEDIATE level dancers only. Special attire: comfortable exercise/movement attire and covered exercise shoes (no black soles to avoid marking the wooden dance floor). Prerequisite: This is session is for INTERMEDIATE level dancers. Prior dance experience is necessary.

20. Cancer Prevention: What You Need to Know to Reduce Your Risk of Cancer - Cancer is the second leading cause of death in America. The American Cancer Association will explain the risk factors for cancer and how to reduce your risk of developing cancer.

21. Ke Ola Mamo – One of the five Native Hawaiian Health Care Systems, Ke Ola Mamo is committed to improving the overall health of all Hawaiians. Learn what services are available for Native Hawaiians from medical care to healthy lifestyles and education. Come on out and be empowered and share this important information with other Hawaiians.
22. **Gateway Drugs & Prevention Resource Center** – Learn about the dangers of “gateway drugs” and what resources are available through the Coalition for Drug Free Hawai‘i.

23. **Hawai‘i Families As Allies** – The Hawai‘i Families As Allies is dedicated to the mental, emotional and behavioral well-being of Hawai‘i’s children, youth, families and communities. Learn more about this important community resource.

**Session F (8:15 – 9:55)** - *If you are signing up for a session F, you must sign up for a session D and session E.*

1. **Balloon Up: Healthy Decision-Making, Effective Communication and Analyzing Influences** – Learn how to make decisions that you will be proud of based upon healthy choices, analysis of influence and effective communication.

2. **Healthy Eating Island Style** – Two scoops rice, macaroni salad, spam and extra gravy, ‘ono. Learn how to select healthy foods from our rich and diverse island foods.

3. **CPR: Red Cross** – Learn the importance of CPR. Students will participate in learning CPR and how a defibrillator works.

4. **AirMed Hawai‘i** – Hawai‘i’s only accredited air medical transport service between the Hawaiian Islands, the mainland and the world. Learn how this air ambulance operates.

5. **Mea ‘Ai** – Learn about the foods of our ancestors and how those good nutrition principles can be applied to modern times.

6. **Lomilomi** – Lomilomi is different from other types of massage. Learn about the unique Hawaiian healing massage, its cultural roots and significance.

7. **Lā‘au Lapa‘au** – Learn how Hawaiian medicinal herbs were used by highly trained cultural practitioners to heal health ailments and how those principles can be applied in modern times.

8. **Free Dive Water Safety** – Learn about water safety while diving and practice those principles in a safe, controlled environment. No prior diving experience is necessary. *If you are confirmed for this session, you will be notified to bring swim wear and a towel.*
9. *“Super Size Me”* – An American documentary film that explores the negative health effects of a high fat, fast food diet.

10. **P90X Extreme Fitness** Program – Are you ready for the fitness challenge? This interactive session will test your fitness and introduce you to the P90X fitness program.

11. **Try Wait…Again** - Empowering teens to be able to recognize and make positive and health choices through the abstinence message. Learn from the “Try Wait” Team important health messages.

12. **Osmosis Jones: How the Immune System Works** - Learn how your incredible immune system works through this entertaining presentation. 
*Note: If you are a member of Pū’ulu ‘Ohe, you may NOT register for this session.*

13. **Sports Mania** – Get your game on at this interactive session by participating in a number of indoor sports.