

# H 'Ori Kalkou

DEPARTMENT of PARKS & RECREATION



**FREE**  
*to the public*

**LET'S  
MÖVE**

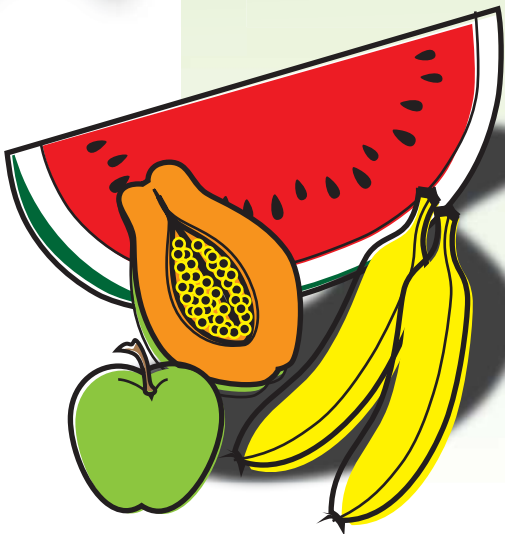
*Get active, eat  
healthy, promoting  
a healthy lifestyle  
through recreation.*



**Mali Beach Park  
Saturday,  
Oct. 15, 2011  
10 a.m. - 2 p.m.**

**Come join us for:**

- Healthy Cooking Demonstrations
- Blood Pressure Testing
- Exercise Clinics
- People's and Farmer's Open Market



Go to [www.letsmove.gov](http://www.letsmove.gov) website for more information

The Department of Parks and Recreation, City and County of Honolulu, is committed to making all of its programs and leisure services accessible to everyone, including persons with disabilities. If you have need for reasonable modification, please call your local park. TTY users call 768-3027.



*We Add Quality to Life*

CITY & COUNTY of HONOLULU  
Peter B. Carlisle, Mayor

DEPT. of PARKS & RECREATION  
Gary B. Cabato, Director

