

Subject: [EXTERNAL] Parent Workshop: Diet and E-Cigs
Date: Thursday, January 24, 2019 at 10:27:11 AM Hawaii-Aleutian Standard Time
From: Parents & Alumni Relations
To: Rachelle Saffery
Attachments: ATT00001.jpg, ATT00002.jpg

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****All KS Kapalāma 'Ohana are welcome and encouraged to attend****

Open to
Invited
Guests

KMS Parent Workshop
How Healthy is Your Child's Diet?
and
All You Ever Wanted to Know About E-Cigs

February 7, 2019
Check-in at 4:00pm
4:30pm to 7:00pm

Kamehameha Middle School
Keli'imaika'i Learning Center

How Healthy is Your Child's Diet? Come join us to learn about a healthy spiritual and nutritious diet for your child. Parents, Pastor Jonah and Shari Ka'auwai, will share how they use the powerful positive life-giving promises of God in their daily lives to help in the emotional and spiritual growth of their children. Director of FLIK Dining Services, Christa Collins will share about the components of a nutritious diet.

All You Ever Wanted to Know About E-Cigs There is a lot of misinformation about E-Cigarettes. Parents have asked for a workshop on E-Cigs. At this workshop we will also learn about the dangers of E-Cigs from Scott Stensrud from the Hawaii Public Health Institute.

For more information contact the
KMS Student Activities Center
843-3476

Sign up at

<https://goo.gl/forms/JEHXCQbzD3p34sVz2>

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