



HUGA

Harmony, Unity, Gratitude, Aloha

Wind down, relax with a session that taps into inner well being. By the soft glow of candles, execute body movements & stretching to the sound of ocean waves gently caressing the shore, the birds of Hawaii singing beautiful melodies & the tropical tradewinds rustling the palm fronds. Malie = Peaceful

This unique program was created for
The Barefoot Hawaiian, Inc. over 8 years ago.

TUESDAY, MARCH 17, 2026

7:00PM - 8:00PM

The Frisbie Senior Center

52 E. Northwest Highway, Des Plaines, IL

ENTRANCE FEE: \$25.00

PRE-PAID AND NON-REFUNDABLE BY

MARCH 13, 2026

ZELLE TO 630-561-8243

MAIL CHECK TO:

THE BAREFOOT HAWAIIAN, INC.

P.O. BOX 756

PROSPECT HEIGHTS, IL 60070

NAME: _____

PHONE _____

EMAIL _____

~ALOHA~

barefoothawaiian@sbcglobal.net

847/699-7336