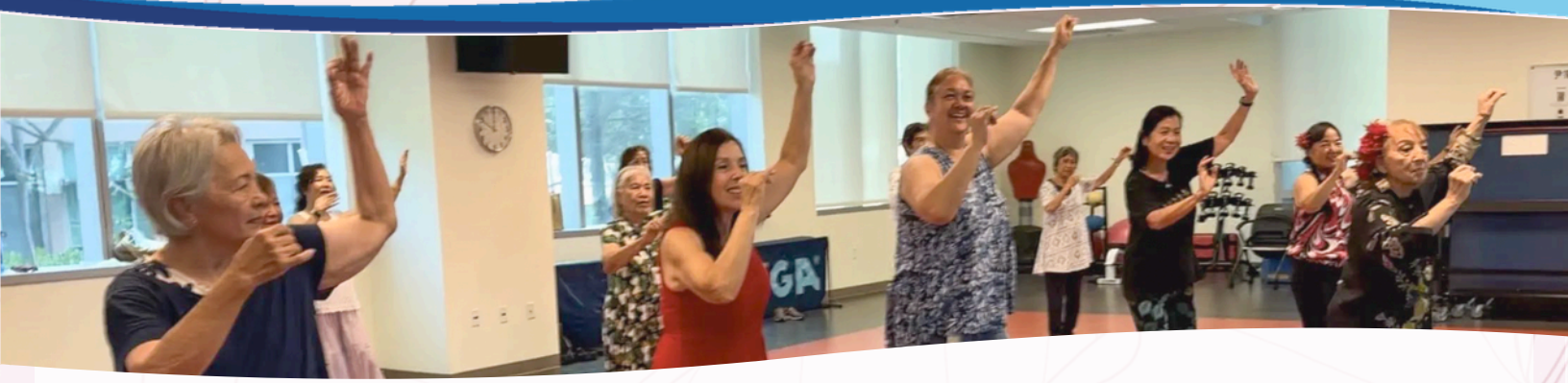
SUSAN C. HIRANO
CANCER CARE
COMMUNITY
COMMUNITY . AWARENESS . RESEARCH . EMOTIONAL WELLBEING

'OHANA pink



‘Let’s Move! The Importance of Physical Activity in the Cancer Journey’

SATURDAY, OCTOBER 17, 2026 💙 8 - 11 AM
SULLIVAN CONFERENCE CENTER

at the University of Hawai‘i Cancer Center
701 Ilalo Street, Honolulu, HI 96813

Physical activity can help build strength and flexibility, ease fatigue, brighten your mood, and support your overall healing. Join us to hear from speakers who will share the inspiring research behind these benefits. Then practice with two fun, relaxing group activities to enjoy together. Activities will be modifiable so that all levels may participate.

Our Susan C. Hirano Cancer CARE Community of the University of Hawai‘i Cancer Center is here for you and your loved ones, offering heartfelt support and aloha. Through our quarterly events, you’ll receive guidance on the latest treatments, emotional well-being resources, practical assistance with navigating care, and more.

SPEAKERS

‘Using Exercise as Medicine’
Paulette Yamada Tamashiro, PhD
Associate Member
Cancer Biology, UH Cancer Center
Associate Professor
Kinesiology & Rehabilitation Science
University of Hawai‘i at Mānoa

‘Power Up Your Journey’
Cheri Teranishi-Hashimoto, PT, DPT, MS, MSPT
Therapy Clinical Specialist and Program Director
Women's Health & Cancer Rehabilitation
REHAB Hospital of the Pacific

Hula Instruction
TeMoana Makolo
Hula Instructor
Nā Wāhine Hula ʻĀkala

Follow the link or scan the QR code to register by **Saturday, October 10, 2026:**
go.hawaii.edu/WkR

UNIVERSITY OF HAWAI‘I CANCER CENTER
Saving Lives in Hawai‘i and the Pacific