OHWP Lifestyle Improvement Program
(the Extended Session)

The OHWP (Okada Health and Wellness Program) Lifestyle Improvement Program is designed to allow the participant to experience a health program based on four concepts:

1. Healthcare that integrates Western Medicine and Complementary and Alternative Medicine;
2. Healthcare that looks at each individual from various points of view;
3. Healthcare that focuses on preventing illness and promoting individual well-being;
4. Healthcare that focuses on human lives in accordance with Nature and improves life, and enjoying it, without any burdens.

Day 1: 9:00 am to 1:00 pm
Consulting with Dr. Leon Garcia; receiving Okada Purifying Therapy; experiencing communing with Nature through our Flower Therapy; taking joy in our MOA organic matcha tea prepared and served to you during our Bontemae Tea Ceremony; Exercising; and Enjoying a healthy lunch prepared in the MOA kitchen.

Day 2: 9:00 am to 11:00 am
Consulting with Dr. Garcia; receiving Okada Purifying Therapy

Thursday, February 21, 2019 – 9:00 am to 1:00 pm

Friday, January 22, 2019 – 9:00 am to 12:00 pm

Cost: $60.00 for two days (includes lunch on Day 1)

If you are interested, please call the MOA Wellness Center at (808) 952-6900.