

Personal Development Workshops:

A. “Computer, Informatics and Biotechnology for the Classroom” University of Hawaii professor, **Dr. Maqsudul Alam** in the Microbiology Department will discuss an integrated approach to understand the codes of life. For the first time we will be able to connect the relationship between the different diseases, personalized medicine and drugs produced by microorganisms living in extreme environments.

B. “Educational Discovery Boxes Capture Japanese American Experiences”
Learn about changes and conflicts experienced by the Japanese immigrants who came to Hawaii; find out about some of their values, cultural traditions and festivals: explore the Japanese American experience during WWII. Mu Chapter members **Nancy Shimamoto, Jean Tsuda and Wendy Yoshimoto**, who volunteer at the Japanese Cultural Center of Hawaii, will share several Discovery Boxes with you. Handle cultural artifacts; examine old photographs, documents, books, videotapes and other educational materials; experience a hands-on activity and a Bon Dance.

C. “Yoga for Everyday Living”
Dawn Kattengell, yoga instructor and 24 Hour Fitness Administrator will discuss the benefits of yoga and demonstrate stretching exercises for beginners. She will show you how these mid-stretching exercises can improve your daily life. You will participate at your own comfort level. Dress comfortably please.

D. “Beading for Fun and Relaxation”
Join **Donna Shiroma and Pua Wilhelm** in creating jewelry with beads. (\$10 for supplies will be collected at the workshop. Bring a tea towel to work on.)

Join the Iota sisters in a very worthwhile Fall Workshop and register as soon as possible.