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CHAMP: Cancer Health Awareness and Mindfulness Program

January 31, 2026 @ 9:00 am - 10:00 am



CHAMP is a student-led workshop dedicated to advancing cancer prevention awareness in Hawai'i. This program emphasizes the importance of early screenings while also providing practical prevention strategies, including healthy nutrition with local foods, physical activity, sun protection, and free screenings in Hawai'i. By leading this initiative, students aim to equip the community with knowledge and resources to make informed health decisions, safeguard the well-being of their 'ohana, and take meaningful steps toward building a healthier Hawai'i. There will also be a physician in attendance!

Anyone who requires an auxiliary aid or service for effective communication, or a modification of policies or procedures to participate in a program, service or activity should contact library staff as soon as possible. Advance requests 48 hours or more before the event are encouraged, but not required. All programs are subject to change.

[Add to calendar ▾](#)

Details

Date:

[January 31, 2026](#)

Time:

9:00 am - 10:00 am

Event Categories:

[Community](#), [Health & Wellness](#),[Learning](#)

Island

[O'ahu](#)

Recommended for

[Adults](#), [Families](#)

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