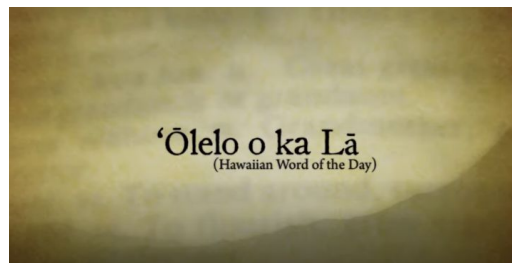




Lā'au Lapa'au

Some Hawaiian plants, including 'olena and mamaki are used for medicinal purposes.

Learn more about the word *lā'au* here:



Then, learn more about the practice of *lā'au lapa'au* here:



1. Choose one *lā'au* and research its medicinal uses.
2. Then take it a step further and teach someone in your family about it!