Image Description: An Instant Pot with Braille and textured labels

Hawaii Association of the Blind Presents Instant Pot Cooking Workshops for 2026

HAB continues to support healthy lifestyles through its Travel Safety Program, which promotes increased opportunities for movement. It is now expanding its efforts to include balanced nutrition and independence through its Instant Pot Cooking Workshops. These small group hands-on sessions include exploring one pot cooking with tactually labeled Instant Pots, food prep skills and clean-up. Space is limited per session. Each session will have a vegetarian option. No cost to attend.

Where:

All sessions will be held at Howard's building in Kaka'ako,
801 South Street, Bldg B
(there is a drop off spot on South Street right by the event room)

When: All sessions occur from 10am-1pm

Tuesday, July 7th, 2026
Saturday, August 22, 2026

Let's Get Cooking!
Please RSVP to Maureen Sheedy
Email: maureensheedy@hawaiiantel.net
Phone: (808)732-7661

Liability Disclaimer: All participants are responsible for their own safety throughout the event. Hawaii Association of the Blind shall not assume any liability resulting in injury or death