

Get Fit Kauai's Worksite Wellness 2018 Community Resource List*

<i>Service</i>	<i>Business Name</i>	<i>Contact</i>	<i>Phone</i>	<i>E-mail</i>	<i>Fees</i>
General Health Environment					
Policy writing	LegalShield	Nani Fukino	(808) 639-0488	nfukino17@gmail.com	Call to enquire
Worksite wellness	Fitness by Stacy	Stacy Ricciardi	(808) 635-1143	fitnessbystacy@gmail.com	Call to enquire
Heart attack and stroke prevention (signs, symptoms & emergency response)					
CPR: Basic Heartsaver course (on-site only)	Airport Rescue Firefighting (ARFF)	Kyle Swigart	(808) 274-3803	none	No cost for basic CPR (at ARFF facility)
CPR: Basic Heartsaver course (any site)	Kaua'i Fire Department: CPR Training Department	Cpt. Mike Scovel (training captain)	(808) 241-4165	none	Call to enquire
Chronic Disease Management					
Blood pressure check General public health information	Kaua'i District Health Office (KDHO)	Duquesa Padamada	(808) 241-3421	duquesa.padamada@doh.hawaii.gov	No-cost
Access to local trainings and conferences on rural health issues	Kaua'i Rural Health Association (KRHA)	Valerie Saiki (2017-18 Treasurer)	(808) 647-0617	valeriesaiki@gmail.com	\$50 Business membership \$25 Individual membership
Stress Management					
Counseling/coaching/mediation	Counseling Kaua'i	Catherine Clement	(808) 635-2771	catherine@counselingkauai.com	Call to enquire
Child care needs	PATCH	Natalia Perry	(808) 482-3562	nperry@patch-hi.org	Cost of child care
Tobacco Control					
Tobacco education and policy crafting	Coalition for a Tobacco-Free Hawai'i (CTFH)	Valerie Saiki	(808) 647-0617	valerie@hiphi.org	No cost
Tobacco cessation (individual or group)	Mālama Pono	Andrew Preston	(808) 246-9577	andrew@mphskauai.org	No cost
Tobacco cessation	Ho'ola Lahui Hawai'i	June Munoz	(808) 240-0182	JuneMunoz@hoolalahui.org	Call to enquire/sliding scale
Quitnet (tobacco cessation program)	HMSA	N/A	(855) 329-5461	Website: https://hmsa.com/well-being/stop-smoking/	Call to enquire
Breathe (tobacco cessation program)	Kaiser	N/A	(866) 862-4295	Website: https://healthy.kaiserpermanente.org/health-wellness	No cost to members
Tobacco Cessation	Hawai'i Tobacco Quitline	N/A	1-800-QUIT-NOW (1-800-784-8669)	Website: https://hawaiiquitline.org	No cost (assistance based on insurance coverage)
Physical Activity					
See fitness/wellness list					

**This is a basic list of Kaua'i community resources available to assist your company/organization in attaining worksite wellness.*