

Get Fit Kauai's Worksite Wellness 2020 Community Resource List*

General Health Environment

Service	Business Name	Contact	Phone	E-mail	Fees
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 Prevention

Chronic Disease Prevention Programs and Bilingual Health Aid	Kaua'i District Health Office (KDHO)	Blanca Gil Lopez	(808) 241-3564	blanca.baron@doh.hawaii.gov	No-cost
Access to local trainings and conferences on rural health issues	Kaua'i Rural Health Association (KRHA)	Fran Becker (Treasurer)	(808) 647-0617	KauaiRuralHealth@gmail.com	\$50 Business membership \$25 Individual membership
Offers ongoing continuing education to healthcare professionals and community members working to promote population health in Hawaii	Hawai'i Public Health Training Hui (Hawai'i Public Health Institute)	Stephanie Moir	(808) 591-6508 ext 9, then 4	Website: https://www.hiphi.org/pht/h/#join Email: publichealthhui@hiphi.org	Free to join email list, training fees may vary

Stress Management

Service	Business Name	Contact	Phone	E-mail	Fees
Referrals to child care providers. Training classes for early childhood educators and parents.	PATCH	Mary Lu Kelley Natalia Perry	(808) 246-0622 (808) 482-3562	mkelley@patch-hi.org nperry@patch-hi.org	Free referrals to licensed child care providers and financial assistance. Free classes/trainings

Tobacco Control

Tobacco education and policy crafting	Coalition for a Tobacco-Free Hawai'i (CTFH)	Valerie Saiki	(808) 591-6508 ext. 9, then 8	valerie@hiphi.org	No fee
Tobacco cessation (individual or group)	Mālama Pono	Ramon Meraz	(808) 246-9577	ramon@mphskauai.org	No fee
Tobacco cessation	Ho'ola Lahui Hawai'i	Rebecca Lenarth Nicole Cowan	(808) 652-4428	RLenarth@hoolalahui.org Ncowan@hoolalahui.org	No fee
Quitnet (tobacco cessation program)	HMSA	N/A	(855) 329-5461	Website: https://hmsa.com/well-being/stop-smoking/	No fee
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.*

