

# Health and Wellness

## *Resources Referral Manual*



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***Chaminade University of Honolulu***

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**\*\* The listings in this community referral resource manual are for reference only, and are not intended to be an endorsement, nor offer or replace medical advice.**

## FARMER'S MARKETS



### HONOLULU

#### **Fort Street Mall Open Market**

King and Hotel Street  
 Honolulu, HI 96822  
 Wilcox Park (in front of Macy's downtown)  
 Tuesdays and Fridays: 7:00 a.m. to 2:00 p.m.

#### **Manoa Farmers Market**

2752 Woodlawn Dr. #5-202  
 Honolulu, HI 96822  
 (808) 988-1406  
 Tuesday and Sunday – 7:00 a.m. to 11:00 a.m.

#### **Manoa Valley District Park**

Honolulu, HI 96822  
 2721 Kaaipu Ave.  
 Mondays: 6:45 a.m. to 7:45 a.m.

#### **Makiki Farmers Market**

Honolulu, HI 96822  
 1515 Wilder Ave.  
 (808) 955-7745  
 Thursdays 4:30 p.m. to 7:30 p.m.  
<http://hfbf.org/markets/>

**Mothers Waldron Park**

525 Coral St.  
Honolulu, HI 96817  
Mondays 10:00 a.m. to 11:00 a.m.  
Accepts SNAP and SFMNP  
(808) 522-7088

**Friday Farmers Market at Dole Cannery**

Dole Cannery Office Building  
650 Iwilei Rd.  
Honolulu, HI 96817  
(808) 375-8764  
Operated by Aloun Farms  
(808) 677-9516, ext. 14.  
Fridays: 10 a.m. to 5 p.m. in front of the galleria (facing Costco)

**People's Open Market – Old Stadium Mall (Moiliili)**

2237 S. King St.  
Honolulu, HI 96818  
Wednesdays 8:15 a.m. to 9:15 a.m.

**Kakaako Farmers Market**

1050 Ala Moana Blvd.  
Honolulu, HI 96814  
Saturdays – 8:00 a.m. to 1200 p.m.  
<http://www.alamoanafarmersmarket.com/kakaako.html>

**Queen's Medical Center**

1301 Punchbowl St.  
Honolulu, HI 96813  
(808) 691- 4010  
First Wednesdays 9:00 a.m. to 1:00 p.m.

**Ward Warehouse**

1240 Ala Moana Blvd.  
Honolulu, HI 96814  
(808) 388-9696  
mahikufarmersmarket.com  
Saturdays 8:00 a.m. to 12:00 p.m.

**Neal Blaisdell Concert Hall**

777 Ward Ave.  
Honolulu, HI 96814  
(808) 848-2074  
Operated by the Hawaii Farm Bureau Federation  
Wednesdays 4 p.m. to 7 p.m.

**Honolulu People's Open Market**

1527 Keeaumoku St.  
Honolulu, HI 96822  
(808) 768-9299  
Mondays 8:30 a.m. - 9:30 p.m.

**The Crop Shop**

Towers at Kuhio Park  
Parking lot of Tower B  
1475 Linapuni St. #1000, Honolulu, HI 96819  
EBT card holders receive twice the value for purchases of fresh produce up to \$20  
Thursdays – 4 p.m. to 6 p.m.

**Aloha Tower Marketplace**

1 Aloha Tower Dr.  
Honolulu, HI 96813  
Fridays – 4 p.m. to 7 p.m.  
Run by Hawaii Farm Bureau Federation. All produce grown in Hawaii

**HMSA Building**

818 Keeamoku St.  
Honolulu, HI 96822  
Along Keeamoku and Rycroft Streets  
Run by 'Nalo Farms  
(808) 948-6826

**City Hall Parking Lot Deck**

Alapai and Beretania Streets  
Honolulu, HI 96818  
Mondays – 11:45 a.m. to 12:30 p.m.

**Palolo Valley District Park**

2007 Palolo Ave  
Honolulu, HI 96818  
Wednesdays – 6:30 a.m. to 7:30 a.m.



## CENTRAL O'AHU

### **Waiiau District Park in Pearl City**

98-1650 Kaahumanu Street  
Pearl City, HI 96782  
Tuesdays 6:30 a.m. - 7:30 a.m.

### **Pearl Ridge Center Downtown**

98-1005 Moanalua Rd., Aiea, HI 95701  
Corner of Kamehameha Hwy and Pali Momi  
(808) 388-9699  
Saturdays 8:00 a.m. – 12:00 p.m. noon  
[pearlridgefarmersmarket@gmail.com](mailto:pearlridgefarmersmarket@gmail.com)

### **Momilani Farmers Market**

Momilani Community Center  
715 Hoomoana St  
Pearl City, HI 96782  
Fridays – 3:00 p.m. to 6:00 p.m.

### **Waipahu District Park**

94-230 Paiwa St.  
(808) 522-7088  
Waipahu, HI 96797  
Tuesdays 8:00 a.m. - 9:00 a.m.

### **Mililani High School**

95-1200 Meheula Parkway  
Mililani, HI 96789  
(808) 848-2074  
Sundays 8 a.m. – 11:00 a.m.  
Operated by the Hawaii Farm Bureau Federation.  
<http://www.hfbf.org/farmersMarketMililani.shtml>

### **Mililani District Park**

94-1150 Lanikuhana Ave.  
Mililani, HI 96789  
(808) 522 - 7088  
Tuesdays 11:45 a.m. - 12:30 p.m.

### **Wahiawa District Park**

N. Cane and California Ave.  
Wahiawa, HI 96786  
Tuesday from 10:00 a.m. to 11:00 a.m.



## LEEWARD O'AHU

### **Waianae Farmers Market**

86-120 Farrington Hwy Waianae, HI 96792

<http://www.hfbf.org/farmersMarket.shtml>

(808) 697-3516

Saturdays 9:00 a.m. to 1:00 p.m.

### **Makeke Kapolei Farmers Market**

Kapolei High School

91-5007 Kapolei Parkway, Kapolei, HI 96707

(808) 697-3599 or 692-8200 ext. 2267

[waianaefarmersmarket@wchc.com](mailto:waianaefarmersmarket@wchc.com) or [info@malamalearningcenter.org](mailto:info@malamalearningcenter.org).

Thursdays 3:00 p.m. - 6:30 p.m. Rain or Shine

### **Leeward Community College Farmers Market**

96-045 Ala Ike St.

Pearl City, HI 96782

Parking Lot C

Sundays 9:00 a.m. - 12:30 p.m.

## EAST HONOLULU

### **Hawaii Kai Town Center**

333 Keahole St.

Honolulu, HI 96825

(808) 396-0766

Saturdays 9:00 a.m. to 1:00 p.m.

### **Hawaii Kai Park-n-Ride**

300 Keahole St.

Honolulu, HI 96825

Saturday - 1:00 p.m. to 2:00 p.m.



**Kapiolani Community College**

4303 Diamond Head Rd.

Honolulu, HI 96816

Parking lot C

(808) 260-4440

Tuesdays: 4 p.m. to 7 p.m. and Saturdays: 7:30 a.m. to 11 a.m.

Operated by the Hawaii Farm Bureau Federation

<http://hfbf.org/markets/markets/kcc/>**Kaiser High School**

511 Lunalilo Home Rd.

Honolulu, HI 96825

(808) 394-1200

Operated by Kaiser High School's Parent Teacher Student Association.

Tuesdays 4:00 p.m. to 7:00 p.m.

hawaiiikaifarmersmarket@gmail.com or visit [www.hawaiiikaifarmersmarket.com](http://www.hawaiiikaifarmersmarket.com)**NORTH SHORE O'AHU****FarmLovers Farmers' Market**

59-864 Kamehameha Hwy

Haleiwa, HI 96712

(808) 388-9696

Thursdays 2:00 p.m. to 6:00 p.m. Rain or Shine

haleiwafarmersmarket@gmail.com.

**Waialua Sugar Mill**

67-106 Kealohanui St.

Waialua, HI 96791

Saturdays 8:30 a.m. to 2:00 p.m.

**North Shore Country Market**

Sunset Beach Elementary School

59-360 Kamehameha Highway

Haleiwa, HI 96712

(808) 673-3296

[www.northshorecountrymarket.com](http://www.northshorecountrymarket.com).

Saturdays 8:00 a.m. to 2:00 p.m.

**Haleiwa Farmers Market**

59-864 Kamehameha Hwy.

Haleiwa, HI 96712

(808) 388-9696

<http://haleiwafarmersmarket.com/>

Thursdays from 3:00 p.m. - 7:00 p.m.



## WINDWARD O'AHU

### **Windward Mall\*** (*\*in the Macy's wing*)

46-056 Kamehameha Hwy., Kaneohe, HI 96744

(808) 235-1143

<http://www.windwardmall.com/event/farmers-market-every-wednesday>

Sundays: 10:00 a.m. to 2:00 p.m. Wednesdays: 2:30 p.m. to 7:00 p.m.

### **Kailua Town Center**

609 Kailua Road, Kailua, HI 96734

(808) 263-8900

Sundays 9:00 a.m. to 1:00 p.m.

### **Heeia State Park**

46-465 Kamehameha Hwy

Kaneohe, HI 96818

Sundays 9:00 a.m. to 3:00 p.m.

### **Waimanalo Beach Park**

41-741 Kalaniana'ole Hwy.

Waimanalo, HI 96815

(808) 522-7088

Thursdays - 7:15 a.m. to 8:15 a.m.

### **Kailua District Park**

21 South Kainalu Dr.

Kailua, HI 96734

Thursdays – 9:00 a.m. to 10:00 a.m.

### **Kaneohe District Park**

45-660 Keaahala Rd.

Kaneohe, HI 96744

Thursdays – 10:45 a.m. to 11:45 a.m.

## WAIKIKI

### **King's Village Shopping Center**

131 Kaiulani Ave.

Honolulu, HI 96815

(808) 225-4002

Operated by Mahiku Farms

[www.mahikufarmersmarket.com](http://www.mahikufarmersmarket.com).

Mondays, Wednesdays, Fridays, Saturdays: 4:00 p.m. to 9:00 p.m.

### Waikiki Community Center

310 Paoakalani Ave.

Honolulu, HI 96815

(808) 735-4510

Tuesdays - Fridays 7:00 a.m. to 12:00 p.m.

### Hyatt Regency Waikiki Beach Resort and Spa

2424 Kalakaua Ave.

Honolulu, HI 96815

Pualeilani Atrium Shops (Run by Mahiku Farms)

Tuesdays and Thursdays – 4:00 p.m to 8:00 p.m.

Parking is \$8 self-parking and \$13 valet

(808) 823-1234 or (808)225-4002

[mahikufarmersmarket.com](http://mahikufarmersmarket.com).



## Health Food Stores

### Whole Foods Markets

#### ***Kahala Mall***

4211 Waialae Ave. #2000  
Honolulu, HI 96816  
(808) 738-0820  
Daily Hours: 7:00 a.m.-10:00 p.m.



#### ***Kailua***

629 Kailua Rd, Suite 100, Kailua, HI 96734  
(808) 263-6800  
Daily Hours: 7:00 a.m. - 10:00 p.m.

#### ***Maui Mall***

70 Kaahuimanu Ave. #B, Kahalui HI 96732  
(808) 872-3310  
Daily Hours: 7:00 a.m. - 9:00 p.m.

### Down to Earth

#### **Honolulu**

2525 South King Street  
Honolulu, HI 96826  
Daily Hours: 7:30 a.m. - 10:00 p.m.  
7 Days a week (deli closes 1 hour before the store closes)  
(808)-947-7678



#### ***Kailua***

201 Hamakua Drive , Kailua, HI 96734  
Daily Hours: 7:30 a.m. - 10 p.m.  
7 Days a week (deli closes 1 hour before the store closes)  
(808) 262-3838

#### ***Aiea (Pearl Ridge)***

98-129 Kaonohi Street, Aiea, HI 96701  
Daily Hours: 7:30 a.m. - 10:00 p.m.  
7 Days a week (deli closes 1 hour before the store closes)  
(808) 488-1375

***Kapolei***

4460 Kapolei Parkway, Suite 320

Kapolei, HI 96707

Daily Hours: 7:30 a.m. - 10 p.m.

7 Days a week (deli closes 1 hour before the store closes)

(808) 675-2300

***Kahului - Maui***

305 Dairy Rd.

Kahului, HI 96732

Hours: Mon-Sat: 6:30 a.m. - 10 p.m. Sun: 7 a.m. - 9 p.m.

7 Days a week (deli closes 1 hour before the store closes)

(808) 877-2661

**Kokua Market Natural Foods**

2643 S. King St.

Honolulu, HI 96826

(808) 941-1922

Hours: 8:00 a.m. - 9:00 p.m.

**Marie's Health Foods**

2113 Kalakaua Ave. Ste, 201

Honolulu, HI 96815

(808) 926-3900

Daily hours: 8:30 a.m. – 6:00 p.m.

**Umeke Market**

1001 Bishop St., Suite 110

Honolulu, HI 96813

(808) 522-7377

Hours: Monday - Friday: 7:00 a.m. – 3:00 p.m.

### **Good Health Food Store**

98-027 Hekaha St., #35

Aiea, HI 96701

(808) 487-0082

Hours: Tuesday - Saturday: 9:30 a.m. - 5:30 p.m., Sun: 10:00 a.m. - 4:00 p.m.

### **Lifestream Natural Foods Hawaii Inc**

702 Kapahulu Ave.

Honolulu, HI 96816

(808) 732-6253

Hours: Monday-Friday: 9:00 a.m. - 5:00 p.m.; Saturday: 9:00 a.m. - 4:00 p.m.; Sunday: Closed

### **Celestial Natural Foods**

66-443 Kamehameha Hwy

Haleiwa, HI 96712

(808) 637-6729

Hours: Monday-Saturday: 9:00 a.m. - 7:00 p.m.; Sun: 9:00 a.m. - 5:00 p.m.

### **‘Ai Love Nalo**

41-1025 Kalanianaʻole Hwy

Waimanalo, HI 96815

(808) 259-9180

Ailovenalo.com

Hours: Everyday 9:00 a.m. - 5:00 p.m. Closed on Tuesdays



### **The Source Natural Foods**

32 Kainehe St.

Kailua, HI 96734

(808) 262-5604

Theourcenatural.com

Hours: Monday-Friday: 9:00 a.m. - 7:00 p.m., Saturday: 9:00 a.m. - 6:00 p.m., Sunday: 10:00 a.m. - 5:00 p.m.

### **Vim ‘n Vigor**

1450 Ala Moana Blvd., Ste 1014, Honolulu, HI 96814

Ala Moana Center, Level 1 Sears Wing

(808) 955-3600

Hours: Monday-Friday: 10:00 a.m. - 6:00 p.m., Saturday: 10:00 a.m. - 4:00 p.m., Sunday: 10:00 a.m. - 7:00 p.m.





## Dentists

<p><b>Oahu Dental Group</b> 735 Bishop St. Suite 333 Honolulu, HI 96813 (808) 524-0444</p>	<p><b>Kathleen Kujiraoka DDS</b> 46-001 Kamehameha Hwy Kaneohe, HI 96744 (808) 235-2121</p>
<p><b>Kaimuki Dental Group LLP</b> 3221 Waialae Ave, Suite 315 Honolulu, HI 96816 (808) 737-7905</p>	<p><b>Pearl Family Dental Care Inc</b> Pearl City – (808) 797-3280 Moanalua/Pearl Harbor – (808) 797-3286 Wahiawa – (808) 797-3281</p>
<p><b>Cosmetic Dentistry</b> 1139 Bethel St. Honolulu, HI 96813 (808) 797-3680</p>	<p><b>Oahu Dental Care</b> Kahala - (808) 732-2821 Pearl City – (808) 456-5005</p>
<p><b>Douglas P Chang DDS</b> 1060 Young St Suite 305 Honolulu, HI 96814 (808) 528-1200</p>	<p><b>Gary Y Wong DDS Inc</b> 1300 Pali Hwy Rm 205 Honolulu, HI 96813 (808) 533-3502</p>
<p><b>Periodontal Specialists of Hawaii</b> 1441 Kapiolani Blvd Rm 1506 Honolulu, HI 96814 (808) 955-1506</p>	<p><b>Melvin Yamada DDS</b> 1600 Kapiolani Bl Suite 1319 Honolulu, HI 96814 (808) 955-2439</p>
<p><b>AW Dental Group</b> 2226 Liliha St. Suite 303 Honolulu, HI 96817 (808) 538-1190 wilma.ishii@yahoo.com</p>	<p><b>Pediatric Dentistry Kahala</b> Kahala Office Tower Annex 4211 Waialae Ave Suite 201 Honolulu, HI 96816 (808) 737-0076</p>
<p><b>Kurt Uyehara DDS</b> 1441 Kapiolani Blvd. Suite 1220 Honolulu, HI 96814 (808) 944-8338</p>	<p><b>The Tooth Doctor</b> 377 Keahole St Suite 211A Honolulu, HI 96825 (808) 393-2020</p>
<p><b>Katherine M. Masaki DDS MS</b> 1441 Kapiolani Blvd. Suite 1103 Honolulu, HI 96814 (808) 596-4840</p>	<p><b>Dwayne Sakata DDS</b> 1520 Liliha St Suite 502 Honolulu, HI 96817 (808) 537-1241</p>
<p><b>Periodontal and Implant Associates of Hawaii</b> 1833 S. Beretania St. Honolulu, HI 96826 (808) 955-2275</p>	<p><b>Kometani and Associates</b> 2104 S King St Honolulu, HI 96826 (808) 949-6608</p>



<p><b>Tasaki TMJ Headache Center</b> 725 Kapiolani Blvd Suite C102 Honolulu, HI 96813 (808) 596-0000</p>	<p><b>Ohana Dentistry</b> 3221 Waialae Ave Suite 376 Honolulu, HI 96816 (808) 737-9032</p>
<p><b>Ohana Dental Center</b> 2153 N. King St. Suite 322 Honolulu, HI 96826 (808) 848-8880</p>	<p><b>Island Ohana Dental</b> 519 E. Lanikaula St. Hilo, HI 96720 (808) 935-4800</p>
<p><b>Airport-Nimitz Dental Group</b> 3049 Ualena St Suite 716 Honolulu, HI 96819 (808) 836-3348</p>	<p><b>Hawaii Orthodontist</b> Ala Moana Building: (800) 766-9902 1331 Kapiolani Blvd. Suite 503 Kunia Orthodontics and Children's Dentistry 94-673 Kupuohi St. C#103 - (800) 766-9902</p>
<p><b>Maui Dental Group</b> 56 Ehiku St. #2 Kihei, HI 96753 (808) 633-6931 (able to text) 24-hr emergency line (808) 633-6931 (press 1)</p>	<p><b>Kauai Dental Care</b> 4400 Pahee St. Lihue, HI 96766 (808) 241-7464</p>



## Mental Health Clinics

Silke Vogelmann-Sine PhD Inc Larry Sine F PhD Inc 1188 Bishop St Suite 2705 Honolulu, HI 96813 (808) 531-1232	State of Hawaii Department of Health Adult Mental Health Division 1250 Punchbowl St. Room #256 Honolulu, HI 96801-3378 (808) 586-4686
Care Hawaii 875 Waimanu St. #614 Honolulu, HI 96813 (808) 533-3936	Mavis M. Alaimalo PsyD CSAC LTD 98-084 Kamehameha Hwy Aiea, HI 96701 (808) 436-4900
Hawaii Behavioral Health Services 210 Ward Ave #219 Honolulu, HI 96814 (808) 585-1424	Amanda Armstrong PhD 1600 Kapiolani Blvd Suite 1650 Honolulu, HI 96814 (808) 951-5540
Carlyn Tamura PsyD 1600 Kapiolani Blvd Suite 1323 Honolulu, HI 96814 (808) 942-9733	Kalihi-Palama Health Center 915 N King St Honolulu, HI 96817 (808) 848-1438
King Kalakaua Center 6600 Kalaniana'ole Hwy Suite 225 Honolulu, HI 96825 (808) 394-2800	Hawaii Psychological Services, Inc 1001 Kamokila Blvd Suite 262 Kapolei, HI 96707 (808) 464-1122
Aloha Psychological Services 100 N Beretania St Suite 208 Honolulu, HI 96814 (808) 591-2345	Family Tree Project LLP 1001 Kamokila Blvd. Suite 133 Kapolei, HI 96707 (413) 367-8733
Antonio Gino PhD CSAC 1154 Fort Street Mall Suite 210 Honolulu, HI 96813 (808) 528-1184	Mental Health Kokua 1221 Kapiolani Blvd Honolulu, HI 96814 (808) 737-2523
Diamond Head Mental Health Center DIAMOND Head Health 3627 Kilauea Ave Rm 408 Honolulu, HI 36816-2317 (808) 733-9330	Mental Health Kokua Main Office (Oahu) – (808) 737-2523 Maui County Office – (808) 244-7405 East Hawaii Office (Hilo) – (808) 935-7167 Kauai Office – (808) 632-0466 West Hawaii Office – (808) 331-1468
Wailua Brandman APRN-Rx BC CHMRP 615 Piikoi St Suite 511 Honolulu, HI 96814 (808) 255-4442	Robert Hyman MD 1188 Bishop St Honolulu, HI 96813 (808) 738-5601

<p>Advantage Psychological Center 1750 Kalakaua Ave # 3502 Honolulu, HI 96826 (808) 955-1414</p>	<p>Therapy 4 Positive Changes 615 Piikoi St Ste 1406 Honolulu, HI 96814 (808) 728-8533</p>
<p>Lynn Goya PsyD 1833 Kalakaua Ave Suite 800 Honolulu, HI 96815 (808) 955-7379</p>	<p>Lanakila Comprehensive Health 1700 Lanakila Ave Honolulu, HI 96817 (808) 832-5700</p>
<p>North Shore Mental Health (808) 638-8700 <a href="mailto:nsmh@hawaii.rr.com">nsmh@hawaii.rr.com</a> Locations: Haleiwa, Kahuku, Wahiawa, Aiea, Castle Medical, Makaha Cornet Building, Aloha United Way Building (Vineyard Blvd)</p>	<p>E Ola Pono Behavioral Health Services 45-3422 Mahalani St. Kaneohe, HI 96744 (808) 286-1949</p>
<p>Alfred A. Sison, MA, LMFT, PsyD 1188 Bishop St. suite 1810 Honolulu, HI 96813 (808) 393-0320</p>	<p>Donald M. Kopf PhD 1833 Kalakaua Ave # 503 Honolulu, HI 96815 (808) 375-1177</p>
<p>Waikiki Integrative Health 444 Hobron Ln. Honolulu, HI 96815 (808) 947-2205</p>	<p>National Alliance on Mental Illness 770 Kapiolani Blvd suite 613 Honolulu, HI 96813 (808) 591-1297</p>
<p>Cynthia Carlton-Jarmon MFT, LLC 3608 Diamond Head Cir Honolulu, HI 96815 (808) 545-2740</p>	<p>Tyler C. Ralston Psy D 4211 Waialae Ave Honolulu, HI 96816 (808) 358-2982</p>
<p>Donna Tsukamoto PsyD 600 Kapiolani Blvd # 408 Honolulu, HI 96813 (808) 540-1941</p>	<p>Mental Health America-Hawaii 1124 Fort Street Mall Honolulu, HI 96813 (808) 521-1846</p>
<p>Thomas Glass A PhD 1833 Kalakaua Ave Honolulu, HI 96815 (808) 955-7372</p>	<p>The Salvation Army Family Treatment Services 845 22<sup>nd</sup> Avenue Honolulu, HI 96816 (808) 732-2802</p>



## Exercise and Fitness



### Fitness Clubs/Gyms



#### **24 Hour Fitness**

To join: visit <http://www.24hourfitness.com/index.html>

Call 1-888-243-5002, or visit a location below:

##### ***Honolulu***

1680 Kapiolani Blvd  
Honolulu, HI 96814

##### ***Bishop***

1000 Bishop St.  
Honolulu, HI 96813

##### ***Hawaii Kai***

7120 Kalaniana'ole Hwy  
Honolulu, HI 96825

##### ***Kaneohe***

45-480 Kaneohe Bay Dr.  
Kaneohe, HI 96744

##### ***Waikiki***

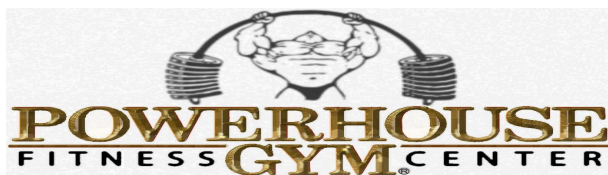
2490 Kalakaua Avenue  
Honolulu, HI 96815

##### ***Mililani***

95-221 Kipapa Dr.  
Mililani, HI 96789

##### ***Pearl City***

1000 Kamehameha Hwy.  
Pearl City, HI 96782



## Powerhouse Gym

### PEARL KAI SHOPPING CENTER

98-199 Kamehameha Hwy

Aiea, HI 96701

(808)-484-8000

<http://powerhousegymaiea.com>

Hours: Mon-Fri: 4 a.m. to 12 a.m. Sat-Sun: 6 a.m. to 10 p.m. Gym: 24hrs



## UFC Gym

### Honolulu

805 Pohukaina Street

Honolulu, HI 96813 (808)

672-2655

<http://www.ufcgym.com/locations/honolulu>

Hours: Open 24 Hours

### Waikale

94-849 Lumiaina St. Suit 105

Waipahu, HI 96797

445-9490





## **Curves For Women**

<http://www.curves.com>

Hours:

Mon-Thurs: 6:45 a.m. to 11:00 a.m. 3:00 p.m. to 7:00 p.m. Sundays: Closed

Fri: 6:45 a.m. to 11:00 a.m. 3:00 p.m. to 6:30 p.m. Sat: 7:30 a.m. to 11:00 a.m.

### **Kahala**

3566 Harding Avenue, #101  
Honolulu, HI 96816  
(800)704-5908

### **Manoa**

2752 Woodlawn Dr., #5-218  
Honolulu, HI 96822  
(808)988-1118

### **Aiea**

99-080 Kuahale St. #C-7  
Aiea, HI 96701  
(808) 488-7722

### **Captain Hook**

81-965 Haliekii St.  
Kealakekua, HI 96750  
(808) 322-6188

### **Hawaii/Kai**

7192 Kalaniana'ole Hwy D-209  
Honolulu, HI  
(808) 395-3700

### **Kaneohe**

45-480 Kaneohe Bay Drive, B6  
Kaneohe, HI 96744  
(808) 236-6188

### **Wahiawa**

634 Kilaniaue #1  
Wahiawa, HI 96786  
(800)704-5908

### **Waialele/Pearl City**

94-416 Ukee St. #103  
Waipahu, HI 96797  
(808) 671-9300

### **Kunia/Waipahu**

94-300 Farrington Hwy Ste G-11  
Waipahu, HI 96797  
(808) 676-8305

### **Hilo**

101 Aupuni St. #147  
Hilo, HI 96720  
(808) 961-3334

### **Puna/Keaau**

16-179 Meleka'hiwa St.  
Keaau, HI 96749  
(808) 982-3840



## CROSSFIT OAHU

To join or visit: Phone (808) 685-7630  
 Hrs: Mon-Fri. 6:00 a.m. - 8:00 p.m.; Sat: 8:00 a.m. - 4:00 p.m.;  
 Sun: 9:00 a.m. - 12:00 p.m. noon

### **Pearl City**

425 Kamehameha Hwy  
 Pearl City, HI 96782

### **Waipio**

94-1388 Moaniani St. #201  
 Waipahu, HI 96794

### **Kaneohe**

46-26 Alaola St  
 Kaneohe, HI 96744

### **Honolulu**

556 Reed Lane  
 Honolulu, HI 96813

### **Honolulu**

220 Puuhale Rd. A3  
 Honolulu, HI

### **Kailua**

167 Hamakua Drive  
 Kailua, HI 96734

### **Kahala**

4400 Kalaniana'ole Hwy.  
 Honolulu, HI 96821

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### **Hardass Fitness**

883 Mission Ln.  
 Honolulu, HI 96813  
 (808) 256-5665  
 hardassfitness.com

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### **Clark Hatch Fitness Center**

Topa Financial Center Loading Dock  
 745 Fort Street Mall  
 Honolulu, HI 96813  
 (808) 536-7205  
 clarkhatchfitness.com  
 Hours: Mon-Fri: 6:00 a.m. - 8:00 p.m.; Sat: 7:30 a.m. - 5:30 p.m.; Closed Sunday



**Fitness Ranes Training Studio**

1213 S Beretania St.

Honolulu, HI 96814

(808) 398-4931

fitnessranes.com

Hours: Mon-Fri: 5:00 a.m. – 9:00 p.m.; Sat: 6:00 a.m. – 3:00 p.m.

Sun: 7:00 a.m. - 5:00 p.m.

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**SOHI Fitness**

1201 Ala Moana Blvd

Honolulu, HI 96814

(808) 557-5583

Hours: Mon-Fri: 5:30 a.m. - 6:30 p.m.; Sat: 7:30 a.m. - 8:30 p.m.; Closed Sunday

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**EC Fitness**

2600 S King St. Ste. 205

Honolulu, HI 96826

(808) 681-2811

Hours: Mon-Fri: 6:00 a.m. - 8:30 p.m.; Sat: 7:00 a.m. - 2:00 p.m.; Closed Sunday

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**Anytime Fitness**

563 Farrington Hwy.

Kapolei, HI 96707

(808) 343-6791

Open 24 hours

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**The Art of Fitness**

627 South St. Ste 205

Honolulu, HI 96813

(808) 673-0020

Hours: Open 24 hours



## **LOCATIONS:**

### **Nuu'anu**

1441 Pali Hwy  
Honolulu, HI 96813  
(808) 536-3556  
Hours: M-Fr: 4:45 a.m.-10:00 p.m.  
Sat: 6:00 am-7:00 p.m. Sun: 9:00 a.m-5:00 p.m.

### **Central**

401 Atkinson Dr.  
Honolulu, HI 96814  
(808) 941-3344  
Hours: M-F: 4:30 a.m.-10:00 p.m.  
Sat: 5:00 a.m.-6:00 p.m. Sun: 7:00 a.m.-5:00 p.m.

### **Kaimuki-Waiialae**

4835 Kilauea Ave.  
Hono HI 96816  
(808) 737-5544  
Hours: M-F: 5:00 a.m.-9:00 p.m.  
p.m. Sat: 6:00 a.m.-5:00 p.m.  
Su: 8:00 a.m.-3:30 p.m.

### **Mililani**

95-1190 Hikikaulia St.  
Mililani, HI 96789  
(808) 625-1040  
Hours: M-Th: 5:30 a.m.-9:00 p.m.  
Fr:5:30 am-8:00 pm.  
Sa & Su: 8:00a.m.-5:00 p.m.

### **Atherton**

1810 University Ave.  
Honolulu, HI 96822  
(808) 946-0253  
Hours: 1:00-8:00 p.m. 7 days

### **Kalihi**

1335 Kalihi St.  
Honolulu, HI 96819  
(808) 848-2494  
Hrs: M-Th: 5:00 a.m.-9:00 p.m.  
Fr: 5:00 a.m.-7:30 p.m.  
Sa: 8:00 a.m.-1:00 p.m.  
Sun: closed

### **Leeward**

94-440 Mokuola St.  
Waipahu, HI 96797  
(808) 671-6495  
Hours: M-Th: 5:30 a.m.-9:30  
Fr: 5:30 a.m.-8:00 p.m.  
Sat: 7:00 a.m.-6:00 p.m.  
Su: 9:00 a.m.-4:00 p.m.

### **Windward**

1200 Kailua Rd  
Kailua, HI 96734  
(808) 261-0808  
Hours: M-F: 6:00 a.m.-9:00 p.m.  
Sa: 6:30 a.m.-6:00 p.m.  
Su: 10:00 a.m.-6:00 p.m.

## Yoga/Pilates



### **Yoga Hawaii and The Om Lounge**

1152 Koko Head Ave, Honolulu, Hawaii 96816

(808) 739-9642

<http://www.yoga-hawaii.com/>

Hours: M-Th: 8:00 a.m.- 9:00 p.m.; Fr: 8:00 a.m.-7:30 p.m.

Sat - Sun: 8:00 a.m.-5:30 p.m.

### **Purple Yoga Hawaii**

University Square

2615 S King St Ste A305

Honolulu, HI 96826

(808) 944-8585

<http://purpleyoga.com/index.html>

Hours: M-Fr: 6:00 a.m.-7:30 p.m.; Sa: 9:00-10:30 a.m.; Su: 6:00 a.m. to noon

### **Aloha Yoga Kula**

Aikahi Studio

38 Kaneohe Bay Dr.

Kailua, HI 96734

(808) 772-3520

Pali Studio

1300 Kailua Rd.

Kailua, HI 96734

[www.alohayogakula.com](http://www.alohayogakula.com)

**Hot Yoga 8 Bikram Yoga**

1120 12<sup>th</sup> Ave.  
Honolulu, HI 96816  
(808) 888 - 7558  
www.yogahnl.com

**YOGA 4 EWA**

91-440A Pupu St.  
Ewa Beach, HI 96706  
(808) 689-1020

<http://www.yoga4ewa.com/page/1ci26/Home.html>

Hours: Mon: 8:30 a.m.-8:15 p.m.; Tue: 8:30 a.m.-7:30 p.m.; Wed-Thur: 5:30-7:00 a.m.  
Fri: 8:30-10:00 a.m.; Sat: 8:00-9:30 a.m.; Sun: closed      Class times vary

**Yoga Loft Hawaii**

94-547 Ukee Street. Suite 205  
Waipahu, HI 96797  
(808) 721-9818

<http://www.yogalofthawaii.com/index.html>

Hours: M-Th: 9:30 a.m.-8:30 p.m.; Fri: 9:30 a.m.-7:00 p.m.; Sat: 9:00 a.m.-7:00 p.m.

**Pilates Hawaii Training Center**

1069 Liku St Kailua, Hawaii 96734  
(808) 255 - 4862

<http://pilatestrainingcenterhawaii.com/index.html>

Hours: Mon: 9:00 a.m.-7:00 p.m.; Tue-Fri: 7:00 a.m.-7:00 p.m.  
Sat: 7:00 a.m.-5:00 p.m.; Sun: 7:00-11:00 a.m.

**Open Space Yoga**

3106 Monsarrat Ave (second floor) Honolulu, HI 96815  
(808)232-8851

<http://yogaopenspace.com/>

Hours: Wed - Mon: 7:00 a.m. - 7:00 p.m.; Tues: 9:00 a.m. - 7:00 p.m.

**Hi Performance Pilates**

449 Kapahulu Ave. Suite 208  
Honolulu, HI  
(808) 783-6858

Hours: M-Th: 8:00 a.m.-7:00 p.m.; Fri: 8 a.m.-6:00 p.m.; Sat: 8:00 a.m.-3:00 p.m.;  
Closed Sundays

**Upside-Down Pilates**

1111 Nuuanu Ave. #213  
Honolulu, HI  
(888) 751-6950

**Harmony Pilates Physical Therapy**

820 W. Hind Drive #1228  
 Honolulu, HI 96821  
 (808) 263-0343  
<http://www.harmonypilates.com/home.html>  
 Hours: Everyday: 7:00 a.m.-8:00 p.m.

**Hawaii Kai Pilates**

531 Hanaione St.  
 Honolulu, HI 96825  
 (808) 381 – 4198  
 Hours: Mon – Fri: 11:00 a.m. – 6:00 p.m.; Sat-Sun: 11:00 a.m. – 5:00 p.m.

**Silent Dance Center**

Moili'ili Studio  
 2535 S. King St.  
 Honolulu, HI  
 (808) 526-9642  
[www.yogahawaii.com/](http://www.yogahawaii.com/)

Kaimuki Studio  
 1127 11<sup>th</sup> Ave.  
 Honolulu, HI 96816

**Power Yoga Hawaii**

510 Piikoi St., Ste 200  
 Honolulu, HI 96814  
 (808) 457 - 7106  
 Hours: Everyday: 8:30 a.m. – 5:30 p.m.  
[poweryogahawaii@me.com](mailto:poweryogahawaii@me.com)

**Still & Moving Center**

1024 Queens St.  
 Honolulu, HI 96814  
 (808) 397-7678  
[info@stillandmovingcenter.com](mailto:info@stillandmovingcenter.com)  
 Hours: Mon: 9:00 a.m.-8:30 p.m.; Tue-Thur: 9:00 a.m.-1:30 p.m.; 4:00-8:30 p.m.  
 Fri: 9:00 a.m.-7:00 p.m; Sat-Sun: 9:00 a.m.-6:00 p.m.

**Hot Yoga by the Sea**

320 Uluniu St. Ste. 6  
 Kailua, HI 96734  
 (808) 469-1541  
[www.hotyogabythesea.com/](http://www.hotyogabythesea.com/)

**Yoga Hawaii**

1152 Koko Head Ave  
 Honolulu, HI 96816  
 (808) 739-YOGA (9642)

## Martial Arts

FUN,  
FITNESS  
*and* SELF-DEFENSE



### **Aikido Hawaii**

[http://www.aikidohawaii.org/dojo\\_directory.html](http://www.aikidohawaii.org/dojo_directory.html)

Aikido Hawaii is a web site dedicated to unifying all practitioners of Aikido in Hawaii, and to the preservation of the history of Aikido in Hawaii. Affiliated with no single dojo or organization, the Aikido Hawaii web site provides information and access to all dojo in the state of Hawaii.

### **O2 Martial Arts Academy**

98-019 Kamehameha Hwy, Ste 208

Aiea, HI 96701

(808) 484-2324

<http://www.O2MartialArtsAcademy.com>

Style: Gracie Jiu-Jitsu, Submission Wrestling, Kickboxing, Kali-Escrima

### **Laupaheoheo School of Muay Thai**

(808) 497-0015

email: [ajan\\_ta@hotmail.com](mailto:ajan_ta@hotmail.com)

### **Gee Yung International Martial Arts Dragon & Lion Dance Association**

1024 Smith Street, Ground Floor

Honolulu, Hawaii 96817

(808) 599-4690

<http://www.geeyung.com>

Style: Shaolin Kung Fu, Lion Dance, Muay Thai

### **Gracie Jiu-Jitsu**

Relson Gracie Jiu-Jitsu Team HK

2615 S. King St.

Honolulu, HI

(808) 277-1128

**Gracie Barra University**

1750 S. King st.  
Honolulu, HI 96826  
(808) 944-9000

**Relson Gracie Jiu-Jitsu Waikiki**

737 Kapahulu Ave.  
Honolulu, HI 96816  
(808) 383 - 7838

**Mad Tiger Mililani's Academy**

95-119 Kamehameha Hwy., Ste. D  
Mililani, HI 96789  
(808) 381-7838  
[info@madtigerbjj.com](mailto:info@madtigerbjj.com)

**Leeward Kenpo Karate**

Multiple locations  
East Foster Village Rec Center  
4341 Hakupapa St.  
Honolulu, HI 96818  
(808) 455-4486  
[leewardkenpokarate.com](http://leewardkenpokarate.com)  
Style: Kajunkenbo

**Hawaiian Kajukenbo Association**

Mililani Recreational Center V  
95-1011 Ainamakua Dr.  
Mililani, HI 96789  
(808) 626-2807  
[www.hawaiiankajukenbo.com](http://www.hawaiiankajukenbo.com)

**Universal Kempo Karate Schools**

Multiple Locations  
98-173 Kuahao St..  
Pearl City, HI 96782  
(808) 487-2686  
[Universalkempo.com](http://Universalkempo.com)  
Style: Self-defence. MMA

**Oahu Taekwondo Center**

98-810 Moanalua Rd. H-7  
Aiea, HI 96701  
(808) 486-2500  
<http://oahutaekwondo.com/>





**Martial Arts Family Fitness**

2600 S. King St. Suite 202  
Honolulu, HI 96826  
(808) 949-0749

**Egan's Fit Body Bootcamp/ Grappling Unlimited**

Kailua, Honolulu, Aiea  
<http://www.hawaiifitcamp.com/>



## Sport Leagues

### **Hawaii Soccer Association**

**<http://www.hawaisoccerassociation.com/needateam.htm>, to find a team**

The mission of the Hawaii Soccer Association (HSA) is to provide and promote the widest opportunity for playing soccer in Hawaii for Adults with recreational and competitive league play and tournaments on quality fields, while maintaining a safe playing environment within the laws of the game. HSA is affiliated with the United States Adult Soccer Association (USASA), United States Soccer Federation (USSF) and the Federation internationale de Football Association (FIFA).

### **Oahu League**

4725 Bougainville Drive, PMB #538

Honolulu, HI 96818-3179

The Oahu League (OL) is affiliated with the Hawaii Youth Soccer Association (HYSA) and has been providing opportunities for competitive youth soccer for U8-19 ages since 1996.

### **Police Activity League**

Contact the PAL office through the Online Email Form or by calling (808)847-0177 or the PAL sergeants at (808)723-3504.

<http://www.honolulu.org/community/index.php?page=pal>

The Honolulu Police Department is proud to be part of the Police Activities League for over 62 years. The PAL programs have enriched the lives of thousands of young people over the years. Many former players are now prominent citizens in our community. For information on any of our programs or to volunteer as a coach.

### **808 Sports Leagues**

1296 Kapiolani Blvd., Suite 2103

Honolulu, HI 96814

**[https://www.808sportsleagues.com/Sports\\_Leagues\\_All.html](https://www.808sportsleagues.com/Sports_Leagues_All.html)**

Is a charity focused, co-ed social sports club for Hawaii adults. Organize sports leagues and social events to encourage Hawaii adults to have fun while exercising and networking. As a charity-focused organization, 808 Sports Leagues will help teams "play for their charity" - the winning teams' prize money (donated by corporate sponsors) will be given to their local charity of choice. Sports currently offered: Kickball, Flag Football, and Dodge ball.

### **United States Tennis Association: Hawaii Pacific Play To Learn Tennis Lesson Program**

Youth and Adult classes 22 sites across Oahu Six 1-hour group lessons starting at \$7/lesson Beginner to Advanced level classes Loaner racquets and balls provided Cardio Tennis classes available

**To join visit: <http://www.hawaii.usta.com/> or call 585-953, email [haytolearntennis@hawaii.usta.com](mailto:haytolearntennis@hawaii.usta.com)**

## DANCE INSTRUCTION

### BALLET



#### **Hawaii State Ballet**

1418 Kapiolani Blvd., 2nd Floor

Honolulu, HI

(808) 947-2755

Hours: Mon – Sat: 9:00 a.m. – 9:00 p.m.; Sun: Closed

#### **Mavis Tracy Ballet School**

1342 Manu Aloha St.

Kailua, HI 96734

(808) 261-2167

mavistracyballetschool.com

#### **Page Academy of Dance**

3478 Waialae Ave.

Honolulu, HI 96816

(808) 222-6642

#### **Queen Emma Ballet**

St. Peter's Episcopal Church, Parish Hall, 2<sup>nd</sup> floor

1317 Queen Emma St.

Honolulu, HI 96813

(808) 735-6553

#### **Honolulu Dance Studio**

1030 Queen St #2B

Honolulu, HI 96814

(808) 524-8455



**Royal Academy of Ballet (Na Lama Kukui)**

560 N Nimitz Hwy #203

Honolulu, HI 96817

(808) 528-0808

**Prisma Kapolei**

91-1010 Shangrila St.

Kapolei, HI 96707

<http://www.prismadance.com/kapolei/>**BALLROOM**

<b>Nix Performing Arts Center</b> 98-025 Hekaha St. suite 221A Aiea, HI 96701 <a href="http://www.nixpac.com/">http://www.nixpac.com/</a>	<b>Arthur Murray School of Dance</b> Honolulu Studio and Ala Moana Studio (808) 944-0606 <a href="http://www.dancinginhawaii.com/index.php">http://www.dancinginhawaii.com/index.php</a>
<b>Keep on Dancing</b> 404 Ward Ave. #202 Honolulu, HI 96814 (808) 387-6575	<b>Dancewear Hawaii</b> 1513 Young St. suite 204 Honolulu, HI 96826 (808) 943-2623
<b>Dream to Dance</b> 1070 N. King St. Honolulu, HI 96817 (808) 372-5574	<b>Hawaii Ballroom Dance Association</b> Multiple Locations (808) 753-8673 <a href="http://www.hbdahawaii.org/">http://www.hbdahawaii.org/</a>
<b>Dance Fever Oahu</b> Multiple Locations <a href="http://dancefeveroahu.com/">http://dancefeveroahu.com/</a>	<b>Sugino Dance Academy</b> 404 Ward Ave. #202 Honolulu, HI 96814 (808) 591-9877

## MODERN/HIP-HOP



### **Convergence Dance Theater**

1159 nuuanu Ave.  
Honolulu, HI 96817  
(808) 542-9442  
<http://dncspace.com/home>

### **The Movement Center**

1215 Center St. #211  
Honolulu, HI  
(808) 735-8641  
[www.movementcenter.org](http://www.movementcenter.org)

### **Boogie Down Productions**

Kaka'ako  
1007 Waimanu St.  
Honolulu, HI 96814  
(808) 524-8455

### **X Static Dance Studio**

Arthur Miller Dance Center  
440 Ward Ave. Suite 202  
Honolulu, HI 96814  
(808) 221-4613



## JAZZ AND TAP

### **St. Laurent School of Dance**

614 Cooke St. Suite 202  
Honolulu, HI 96813  
(808) 845-1291

### **Impact Dance Studio**

2106 Lauwiliwili Street #J105.  
Kapolei, HI 96707  
(808)-954-5459



## SQUARE DANCE

### **Square and Round Dance Federation of Hawaii**

P.O. Box 1.  
Pearl City, HI 96782  
(808) 923-0446



## SALSA/LATIN

### **Hot Salsa Hawaii**

819 Lukepane Ave.  
Honolulu, HI  
(808) 256-7556  
<http://www.hawaiisalsa.com/info.htm>





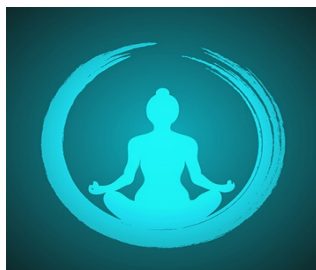
## HULA



<p><b>Hula Halau O’Kamuela</b> 3210 Koapaka St. #B Honolulu, HI 96819 (808) 834-4049 <a href="http://www.hulahalauokamuela.com/">http://www.hulahalauokamuela.com/</a></p>	<p><b>Halau ‘Olapakuikala’I ‘O Hokuaulani</b> 45-1052 Kamehameha Hwy Kaneohe, HI 96744 (808) 235-5300 <a href="http://www.hokuaulani.com/">http://www.hokuaulani.com/</a></p>
<p><b>Ke Ali’I O Ka Malu</b> 86-082 Farrington Hwy Wai’anae, HI 96792 (808) 696-0738 <a href="http://kealiiokamalu.com/">http://kealiiokamalu.com/</a></p>	<p><b>Halau ‘O Kaululaua’e</b> (808) 398-4461 <a href="mailto:Kaululauae@gmail.com">Kaululauae@gmail.com</a></p>
<p><b>Akala Dance Studio</b> (808) 206-2300 (texting ok) <a href="mailto:akaladancestudio@gmail.com">akaladancestudio@gmail.com</a></p>	<p><b>Hula Halau A’ala O Ka ‘Aina</b> (808) 228-7711 <a href="mailto:kaleinanih@yahoo.com">kaleinanih@yahoo.com</a> <a href="http://www.aalaokaaina.com/">http://www.aalaokaaina.com/</a></p>
<p><b>Halau Hula ‘O Hokulani</b> Ewa Mahiko Recreational Center (808) 753-1232 <a href="mailto:Hulaonie01@aol.com">Hulaonie01@aol.com</a> <a href="http://www.halauhulaohokulani.org/">http://www.halauhulaohokulani.org/</a></p>	<p><b>Halau Hula O Napunaholeonapua</b> 46-056 Kamehameha Hwy. Kaneohe, HI 96744 (808) 247-0700 <a href="http://www.richpedrina.com/">http://www.richpedrina.com/</a></p>



## To Soothe Body and Mind



### Massage/Spas

#### **Holistic Therapies And Massage**

98-027 Hekaha St. Suite 21

Aiea, HI 96701

(808) 725-2228

Swedish, Deep Tissue, Lomilomi, \$60 / 1 hour, by Appointment Visit:

<http://www.holistictherapiesandmassage.com/default.html>

#### **Serenity Spa Hawaii**

Outrigger Reef on the Beach

2169 Kalia Rd. Suite 129

Honolulu, HI

(808) 926-2882

<http://www.serenityspahawaii.com>

Massages, Facials, Waxing, Body Treatments, Salon Services

#### **Ho'ala Salon and Spa**

Ala Moana Shopping Center

3rd Floor next to Neiman Marcus

1450 Ala Moana Blvd

Honolulu, HI 96814

(808) 947-6141

<http://www.hoalasalonspa.com/>

Massages, Facials, Body Treatments, Salon Services, Hand, Nail, Foot Services

#### **Pala'zio Day Salon and Spa**

Pearlridge Shopping Center, Uptown

98-1005 Moanalua Rd., #856

Aiea, HI 96701

(808) 485-1888

<http://www.salonpalaziodayspa.com/>

Massages, Facials, Body Treatments, Salon Services, Hand, Nail, Foot Services

## Acupuncture

### **Acupuncture and Herbal Medicine Clinic**

1911 King St. Suite A

Honolulu, HI 96826

(808) 947-7103

<http://www.acupunctureinhawaii.com/clinic.html>

Traditional Chinese Medicine is holistic and not a quick fix to relieve symptoms. Rather, it is based on an eloquent philosophy that applies acupuncture to address the problems and abnormalities in your body and its systems that are causing related acute and chronic symptoms. Chinese Medicine addresses the treatment of disease by altering the body's internal energies.

### **Dr. Chai Acupuncture & Herbs**

825 Keeaumoku St., Suite I-208

Honolulu, HI 96814

(808) 949-0432

[www.drchai.com](http://www.drchai.com)

Specializing in treating Arthritis, Gout, High Blood Pressure, Anxiety, Allergies, Skin Diseases, Chronic Fatigue, Weight loss, Insomnia, and other conditions

### **Acupoint**

3454 Waialae Avenue #6

Honolulu, HI

(808) 495-4115

<http://acupointhawaii.com>

Community Acupuncture, Chinese Medicine and Wellness Clinic designed to cater to locals, families and friends whose goal is to make Acupuncture in Honolulu more affordable and accessible. Private treatments, Follow-ups or Community Acupuncture are all available treatment modalities. Community Acupuncture allows individuals to be treated in a group setting as well as on a private treatment basis. These treatment and care modalities are for people who want these forms of care to help heal chronic issues and to receive continued treatments on a regular basis for preventative care, or on an as-needed basis.

### **World Medicine Institute**

1073 Hind Luka Dr.

Honolulu, HI 96821

(808) 947-4788

<http://worldmedicineinstitute.com>

Full scale acupuncture and oriental medicine clinic. All services are provided by Hawaii State Licensed acupuncturists and acupuncture interns of the World Medicine Institute. Interns have specialized training in areas such as chronic and acute pain, digestive disorders, headaches-migraines, infertility, and more. The Institute student clinic offers the acupuncture treatments of the highest quality in a relaxed environment.

**Kama'aina Acupuncture**

3121 Mokihana St.  
Honolulu, HI 96816

(808) 735-6389

<http://www.kamaainaacupuncture.com/>

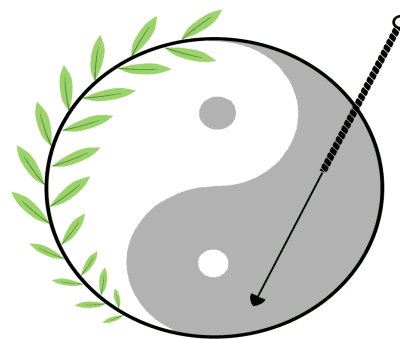
**Pikoakea Therapeutics**

354 Uluniu St. suite 404

Kailua, HI 96734

(808) 673-9953

<http://www.genbook.com/bookings/slot/reservation/30241759>



## Meditation



### **Kailua Shambhala Meditation Center**

Aikahi Park Shopping Center

25 Kaneohe Bay Drive, Suite #205

Kailua, HI 96734

(808) 342-6298

<http://www.kailua.shambhala.org/index.php>

Offers basic meditation classes, Buddhist instruction, and Shambhala Training - a progressive series of weekend workshops that helps students establish a personal meditation practice in order to engage more fully and compassionately in the world.

### **Tibetan Buddhist Meditation Center**

26 Gartley Place

Honolulu, HI 96817

(808) 595-8989

<http://www.ktlhonolulu.org/about.htm>

Established and taught by resident Lamas: Tempa Gyeltshen and Karma Rinchen the center offers teachings and instruction specific to Tibetan Buddhist traditions. Anyone is welcomed to join through membership or paying on a class by class basis.

### **Vipassana Hawai'i**

Kapaau, HI 96755

(808) 889-0567

Offers a full range of meditation programs in Hawai'i, the Mainland US, and around the world suitable for the beginner as well as the experienced meditator. Vipassana Hawai'i conducts free weekly sittings in Hawai'i. Beginners are welcome and no advanced registration required.

Weekly sittings: Honolulu Sun. 5-6:30 p.m., Kapa'au, Big Island Sun. 4-5:30 p.m.

**Daihonzan Chozen-ji/International Zen Dojo**

3565 Kalihi St.

Honolulu Hi 96819

(808) 845-8129

<http://www.chozen-ji.org/>

The core of Shugyo as practiced at Chozen-ji is zazen, or sitting meditation. In conjunction with this, the dojo also practices martial arts and fine arts. Chozen-ji provides a place where Westerners can do Shugyo without the financial, linguistic, and cultural difficulties involved in travel to Japan. Although Zen is rooted in Buddhism, it is not a religion in the Western sense; it emphasizes training, not theology or religious beliefs.



## Wellness Centers

### **Mindful Matters Wellness Center**

Kailua Medical Arts Bldg  
407 Uluniu St, Ste 412.  
Kailua, HI 96734  
(808) 230-2476



Hours: Mon – Fri: 8:00 a.m. – 8:00 p.m.; Sat-Sun: Closed

<http://www.mindfulmatterskailua.com>

Hosts a multi-disciplinary team of psychologists, naturopathic doctors, massage, biofeedback, and acupuncture. Classes offered in yoga, meditation, couples communication, anxiety and depression management, Tai Chi, Chi Kung, Pilates, and more.

### **Love, Peace, and Harmony Center of Honolulu**

885 Queen St.  
Honolulu, HI 96813  
(808) 988-8090

[www.LPHCenterHonolulu.com](http://www.LPHCenterHonolulu.com)

Offers group exercises to increase stamina and vitality. Certified soul healers and teachers offer blessings and readings to get at the root cause of problems.

### **Quantum Institute: Mind Body Training and Holistic Healing**

776 Kailua Rd.  
Kailua, HI 96734  
(808) 626-5087

Hours: Mon, Wed, Fri: 6:00 a.m. – 7:00 p.m.; Tues-Thurs: 9:30 a.m. – 7:00 p.m.; Sat: 8:00 a.m. – 12:00 p.m.; Sun: Closed

<http://www.quantuminstitutehawaii.com/default.html>

Uses cutting edge, transformational tools and techniques to recover from disease, for deep relaxation, to overcome anxiety and depression, and to find more solutions and experience fewer problems. There are classes in meditation, energy exercises, and private healing sessions.

### **A&C Wellness and Healing Therapy Clinic**

3514 Waialae Ave.  
Honolulu, HI 96816  
(808) 739-1111

<http://www.aandcwellness.com>

Offers a complete holistic approach to wellness in order to meet various health needs and goals. By utilizing a multi-discipline approach that offers: Acupuncture (Improve Mind & Body Functioning), Hypnotherapy & Hypnosis, Wellness Counseling, Coaching & Hypnosis, Medical Massage, Craniosacral Therapy, Reiki, Time Line Therapy(tm).



**Still and Moving Center**

1024 Queen St.

Honolulu, HI

(808) 397-7678

[www.StillandMovingCenter.com](http://www.StillandMovingCenter.com)

Is an oasis of connection with extraordinary vision offering various classes under one roof. One can find moving meditation, improvisational comedy for healing, Pilates, drumming, hula, prenatal yoga, aerial yoga, and storybook yoga for children, and senior activities.

**Natural Wellness Center**

Waimalu Shopping Plaza

Pearl City, HI 96782

(808) 988-0800

<http://www.drferchoff.com/>

The Natural Wellness Center is dedicated to improving your health and that of your family by providing effective, non-toxic health care. We are a group of doctors, trained as primary care providers, who use natural therapies to bring the body, mind, and spirit into balance. In our relaxed clinical environment we offer naturopathic medical consultations for people of all ages and conditions.



## Life Coaches

Life Coaches are similar to Counselors, but they work with those who are mentally healthy and want more out of life. They combine aspects of Mind and Body to help people achieve their greatest goals in life.

### ***Jan Barosh***

[coachingspa.com](http://coachingspa.com)

(808) 373-4181

Coaches about your health portfolio and healthy relationships. She can reveal the big picture, simplify it, and help you focus on what matters most.

### ***Helena Summer Medena***

(808) 266-0717

Her motto is “Live Delicious.” She practices the emotional freedom technique which uses tapping. She has helped hundreds of people enrich their lives and has become their best cheer leader.

### ***Dr. Dean Nelson***

[www.thenextstepdrdean.com/index.php](http://www.thenextstepdrdean.com/index.php).

Email: [drdeanhawaii@mac.com](mailto:drdeanhawaii@mac.com)

Kailua, HI

(808) 388-9896

“Coaching your innate brilliance of mind, body, and spirit to re-discover meaning, purpose, and happiness.

### ***Peretz Avi***

Speaker, Life, Business, and ADHD coach in Honolulu

91-1124 Kaimalie St.

Ewa Beach, HI 96706

(808) 397-1508



## Recreational Family Fun



### **Wet 'N' Wild Hawaii**

400 Farrington Hwy.

Kapolei, HI (808) 674-9283

Features a unique variety of rides from the Keiki Kove to a thrilling 6 story drop in a lush resort-like atmosphere.

Hours: 10:30 a.m.-Closing Times Vary

### **The Honolulu Zoo**

151 Kapahulu Avenue

Honolulu, HI

(808) 971-7171

The zoo offers twilight tours, the chance to camp and lie with the lions, and zooper birthday parties.

Hours: 9:00 a.m. - 4:30 p.m. daily (closed on Christmas)



### **Waimea Valley**

59-864 Kamehameha Hwy

Haleiwa, HI 96712

(808) 638-7766

Consists of 1,875 acres and is a sacred space on the North Shore of Oahu. Activities include a history walk, lei making, hula lessons, and a visit to a waterfall.

Hours: 9:00 a.m.-5:00 p.m. daily

### **The Waikiki Aquarium**

2777 Kalakaua Ave., Honolulu, HI

(808) 923-9741

Founded in 1904, is the third public aquarium in the United States. The exhibits, programs, and research focus on the aquatic life of Hawaii and the tropical Pacific. Over 2,500 organisms in the exhibits represent more than 420 species of aquatic animals.

Hours: 9:00 a.m. - 4:30 p.m. daily.

**Hawaii Children's Discovery Center**

111 Ohe St., Honolulu, HI 96813

(808) 524-5437

Using state of the art technology, the Center provides the opportunity for children and adults to explore and learn about themselves and the world through hands on interactive exhibits.

**Kualoa Ranch**

49-560 Kamehameha Hwy., Kaaawa, HI

(808) 237-7321

Hours: 8:30 a.m. – 5:30 p.m.

Known as one of the most beautiful and sacred historical places on Oahu, preserved and protected from development by the kama'aina family who acquired the land from King Kamehameha in 1850. Experience and adventures tours include Horseback, ATVs, Ocean Voyaging, Ancient Fishpond and Gardens, Ancient Hula Lessons, Secret Island, Legends and Legacy and the popular Movie Sites and Ranch Tours.

**Dole Plantation**

64-1550 Kamehameha Hwy., Wahiawa, HI

(808) 621-8408

Journey through the 2008 "World's Largest Maze," as featured in the Guinness Book of World Records, where fearless adventurers can search for eight secret stations on their way to solving the mystery of the maze. Take a ride on the Pineapple Express train. This 20-minute train tour will give visitors an overview on the history of the pineapple, agriculture in Hawaii, and the life of James Dole.

**Podium Raceway**

91-1085 Lexington St, Bldg 1844

Kapolei, HI 96707

(808) 682-RACE (7223)

The only public indoor electric kart racing track in Hawaii that gets you going from 0-45 in three seconds flat. Decked out with gripping hairpin turns, daring twists and smooth straight-aways, our quarter-mile course is built for serious fun with high performance adult and junior European karts even the pros would envy.

**Polynesian Cultural Center**

We are located on Oahu's North Shore.

55-370 Kamehameha Hwy

Laie, HI 96762

(800) 293-3340

Visit authentic villages and mingle with natives from six Pacific cultures as they demonstrate their arts.

### **Hawaii Nature Center**

2131 Makiki Heights De., Honolulu, HI 96822

(808) 955-0100

<http://hawaiinaturecenter.org/>

The mission of the Hawaii Nature Center is to foster awareness, appreciation and understanding of Hawaii's environment and to encourage wise stewardship of the Hawaiian Islands by educating children with an interactive and immersive approach.

### **Sea Life Park**

42-202 Kalaniana'ole Hwy, Waimanalo, HI 96795

(808) 259-2500

Sealifeparkhawaii.com

This East Oahu attraction is a place to enjoy the company of dolphins, sea lions, rays, sharks, native fish and more. With a focus on educational and interactive programs, Sea Life Park is small enough to enjoy on foot but diverse enough to be a full-day destination.

### **Bishop Museum**

1525 Bernice Street, Honolulu, HI 96819

(808) 847-3511

The husband of Bernice Pauahi Bishop (the last descendant of King Kamehameha) established the Bishop Museum and filled it with valuable Hawaiian artifacts. You'll marvel at the feathered royal cape of the King himself, portraits of the Hawaiian Monarchy and some of their personal effects, an authentic grass hut, royal jewelry, and a conch shell that's more than 600 years old.

9:00 a.m. to 5:00 p.m., Wednesdays through Mondays

### **Iolani Palace**

364 South King Street, Honolulu, HI 96813

(808) 538-1471

Visit the only royal palace on American soil -- and the sad site where Queen Lili'uokalani, the last Hawaiian monarch, was imprisoned as her reign came to an end.

Both guided and self-guided tours are available, and reservations are required.

Open: Tuesday through Saturday 9 a.m. to 2 p.m. Guided tours take place every 15 minutes from 9 a.m. through 11:15 a.m.; self-guided audio tours take place from 11:45 a.m. through 3:30 p.m. Guided tours cost \$12 per person. (Cost as of 2014)



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## **FAMILY SUPPORT**

### **The Parent Line**

PO Box 3102

Honolulu, HI 96802

(808) 526-1222

[www.theparentline.org](http://www.theparentline.org)

Free statewide confidential telephone line offers support and information on parenting issues such as sibling rivalry, divorce or separation, toilet training and bedtime routines. Staffers also can provide information on adolescent behavior and development and assist parents with problem-solving in difficult situations. Tips and information can be mailed to callers upon request.

### **Queen's Medical Center Active Parenting**

1301 Punchbowl Street

Honolulu, HI

(808) 547-4823

Teaches the principles of parenting; focusing on effective communication, cooperation, respect, self-esteem, discipline and responsibility.

Mondays, 8 week series 6:30 p.m. - 8:30 p.m.

### **The Baby Hui**

(808) 735-2484

[thebabyhui.org](http://thebabyhui.org)

Operates a self-help program for mothers of children aged 0-3 years, with discussion groups where parents can meet one another and learn about child rearing together with a trained volunteer group leader. Provides telephone support and referral to other agencies of interest to parents.

### **PACT – Parents and Children Together**

1505 Dillingham Blvd., Suite 208

Honolulu, HI 96817

(808) 847-3285

Mailing address:

1485 Linapuni St. Suite 105

Honolulu, HI 96819

The goal of the Family Peace Center-Oahu is to bring peace to Hawaii's families by offering safety, support, empowerment and accountability to victims/survivors, offenders and children exposed to domestic violence.



PARENTS AND CHILDREN TOGETHER



### **Ho‘ololi Mua No Ke Ola Senior Program**

Ho‘ololi Mua No Ke Ola Senior Program guides high school seniors in foster care to successfully prepare for and enter postsecondary education or vocational training in East Hawai‘i.

[familyprogramshawaii.org/hoolol.muaNokeola-senior-programs](http://familyprogramshawaii.org/hoolol.muaNokeola-senior-programs)

*It Takes An ‘Ohana* is committed to providing resources information to those in the community concerned with protecting the interests of children and youth in out-of-home care, while providing responsible advocacy. It is centered on providing better outcomes for children and youth in out-of-home care by enhancing collaboration between all parties in the child welfare community.

<http://ittakesanohana.org/>

### **Keiki O Ka ‘Aina Family Learning Centers**

3097 Kalihi St.  
Honolulu, HI 96819

(808) 843-2502

[koka.org](http://koka.org)

Keiki O Ka ‘Aina Family Learning Centers (KOKA-FLC) is a Non Profit 501(c)(3) Corporation established in 1996 to serve the educational needs of Hawaii's families within the context of culturally competent educational and family strengthening programs.

### **The Laulima Giving Program**

3097 Kalihi St.  
Honolulu, HI 96819

(808) 393-4981

[Laulimagiving.org](http://Laulimagiving.org)

Keiki o ka Aina partners with KHON2 to bring the Laulima Giving Program to assist struggling families, the elderly and individuals including children with special needs, families affected by incarceration and single parents through donations of goods, cash equivalent s, enriching experiences and advocacy.



## Instructional Programs



### **Chaminade University of Honolulu**

3140 Waialae Avenue  
Honolulu, HI 96816  
(808) 735-4711

Chaminade University offers its students an education in a collaborative learning environment that prepares them for life, service and successful careers. Guided by its Catholic, Marianist and liberal arts educational traditions, Chaminade encourages the development of moral character, personal competencies, and a commitment to build a just and peaceful society. The University offers both the civic and church communities of the Pacific region its academic and intellectual resources in pursuit of common aims.

### **Honolulu Museum of Art School**

900 S Beretania St.  
Honolulu, HI 96816  
(808) 532-8700

Offers studio art classes for adults, youth, and parents and children. Classes offered include: Drawing and painting, textiles and fiber, Glass, Printmaking and book arts, ceramics, metal and jewelry, sculpture, and tea ceremony. Adult classes are typically offered from September through mid-December.

*Classes run for 14 weeks unless otherwise noted.*

For more information and to register visit: <http://honolulumuseum.org/learn/classes>

### **City and County of Honolulu, Parks and Recreation Programs**

[www.honolulu.gov/parks.html](http://www.honolulu.gov/parks.html)

Adults, senior citizens, children and teens can register to take classes offered by the Department of Parks and Recreation. Classes for adults include arts and crafts, fitness, aquatics, sports, music and dance, Hawaiian and general recreation. Some of the Hawaiian classes include instruction in hula dancing, Hawaiian language and ukulele making.

To Register visit: <http://parks.honolulu.gov/sdi/home.html>

Most courses are offered during three regularly scheduled terms per year: (Spring), (Summer), and (Fall). Activities and classes vary by park locations, please register and check listing of available classes at the city and county of Honolulu website.

## **University of Hawaii**

### **University of Hawai'i - West O'ahu**

91-1001 Farrington Highway  
Kapolei, HI 96707  
(808) 689-2800

### **University of Hawaii at Manoa**

2500 Campus Road  
Honolulu, HI 96822  
(808) 956-8111

### **Kapi'olani Community College**

4303 Diamond Head Road  
Honolulu, Hawaii 96816  
(855) 628-7584

### **Leeward Community College**

96-045 Ala Ike St.  
Pearl City, HI 96782  
(808) 455-0011

### **Windward Community College**

45-720 Kealahala Rd.  
Kaneohe, HI 96744  
(808) 235-7400

### **University of Phoenix**

Honolulu Campus  
745 Fort Street Suite 2000  
Honolulu, HI, 96813-3800  
(808) 536-2686

Kapolei Campus  
949 Kamokila Blvd  
Kapolei, HI 96707-2082  
(808) 693-8686

### **Remmington College**

1111 Bishop St.  
Suit #400, Honolulu, HI  
(808)772-5973

### **Argosy University**

1001 Bishop St.  
Suit #400, Honolulu, HI  
(808) 536-5555

## **State of Hawaii, DOE, Community Schools for Adults**

Provides adult educational opportunities with a wide variety of courses that include: Basic/Advanced elementary education, Secondary education (courses to complete your high school graduation requirements), Adult literacy (courses such as reading and speaking English), Homemaking and parenting (courses such as child care, nursing, budgeting), Community education (courses to enhance understanding of our civic duties), English Literacy/Civics instruction (the standard course provided by the United States Immigration and Naturalization Service), Cultural, Recreational, and Social interests (courses such as yoga, tai chi/qi gong, Bon dance, and basic fitness)

### **Oahu**

#### **Farrington Community**

Principal: Kenneth Furukawa  
1101 Kalihi Street  
Honolulu, HI 96819  
(808) 832-3595

#### **McKinley Community**

Principal: Helen Sanpei  
634 Pensacola Street  
Honolulu, HI 96814  
(808) 594-0540

#### **Moanalua/Aiea Community**

Principal: Lance Jyo  
2825 A-Ala Ilima Street  
Honolulu, HI 96818  
(808) 837-8466

#### **Wahiawa Community**

Principal: Wanelle Kaneshiro-Erdman  
1515 California Avenue  
Wahiawa, HI 96786  
(808) 622-1634

#### **Windward School For Adults**

Principal: John Vannatta  
730 Iliaina Street  
Kailua, HI 96734  
(808) 254-7955

#### **Kaimuki Community**

Principal: Wade Araki  
2705 Kaimuki Avenue  
Honolulu, HI 96816  
(808) 733-8460

#### **Waipahu Community**

Principal: John Vannatta  
94-1211 Farrington Highway  
Waipahu, HI 96797  
(808) 528-9577



## Miscellaneous Training Schools

### **Hawaii Institute of Hair Design**

1128 Nuuanu Ave #102  
Honolulu, HI 96814  
(808) 533-6596

### **Hawaii Massage Academy**

1750 Kalakaua Ave  
Honolulu, HI 96826  
(808) 955-4555

### **Honolulu Nail Academy**

438 Hobron Ln. Suites 207-208  
Honolulu, HI  
(808) 944-1121

### **Paul Brown Institute at Remington College**

1132 Bishop St. Suit #550  
Honolulu, HI  
(808) 587-8448

### **Makana Esthetics Wellness Academy**

560 N Nimitz Hwy  
Honolulu, HI  
(808) 591-6090

### **Institute of Clinical Acupuncture**

100 N. Beretania St.  
Honolulu, HI 96817  
(808) 521-2288  
<http://www.orientalmedicine.edu/home.htm>

