

## 2018 TAI CHI FOR HEALTH INSTITUTE (TCHI) CERTIFIED CLASSES/INSTRUCTION IN HAWAII

The locations below offer Tai Chi for Arthritis and Fall Prevention (TCAFP) classes and instruction by certified teachers who have met the high standards and consistent training promoted by the Institute. TCAFP is an evidence-based program endorsed by the Center for Disease Control and Prevention (CDCP). The Hawaii State Department of Health co-sponsors TCHI Master Trainer, Ileina Ferrier, for many fall prevention events.

ZIP CODE	PROGRAM LOCATION	ADDRESS	CONTACT INFORMATION
96707	Ko Olina Beach & Sports Club; Residents and by invitation only	92-1480 Aliinui Dr., Kapolei (Outside of 4th Lagoon on grass)	(808 ) 679-3723
96716	Hanapepe Neighborhood Center; Public	445 Pudo Rd.; Hanapepe	(808)3353731
96720	Yukio Otsuka State Veterans Home (Under Mgmt of Avalon Care Center); Eligible veterans	1180 Waiuanue Ave., Hilo, Hawaii	(808) 494-0057
96720	Kino'ole Plaza in Hilo; Public	1990 Kino'ole St., Hilo , Hawaii	(808)990-5586; taichi4stronglife@hotmail.com; taichi4life@hotmail.com
96734	Windward YMCA; Membership required	1200 Kailua Rd., Kailua	(808) 261-0808
96744	Pohai Nani Good Samaritan Retirement Community; Residents and Public	45-090 Namoku St., Kaneohe	(808) 236-7832
96746	Kapaa Neighborhood Center; Public	4491 Kou St.; Kapaa, Kauai	(808) 822-1931
96754	Kilauea Neighborhood Center; Public	2460 Keneke St., Kilauea, Kauai	(808) 828-1421
96756	Koloa Neighborhood Center; Public	3461 Weliweli Road; Koloa, Kauai	(808) 742-1313
96766	Lihue Neighborhood Center; Public	3353 Eono St., Lihue, Kauai	(808) 241-6858
96782	Hale Mohalu Senior Apartments; Public	800 Third St. Pearl City	(808 ) 497-9489
96782	Momilani Community Center; Public	715 Hoomoana St.; Pearl City	(808) 389-5528; goldenswordtaichi@gmail.com

96782	Pearl City Nursing Home; Residents	919 Lehua Ave., Pearl City	(808) 455-1919
96789	Mililani West Oahu YMCA; Membership required	95-1190 Hikikaulia St., Mililani	(808) 625-1040
96793	Maui Historical Society/Bailey House Museum; Public	2375A Main St., Wailuku Maui	(808) 244-3326
96796	Waimea Neighborhood Center; Public	4556 Makeke Rd.; Waimea	(808)338-1122
96796	West Kauai Medical Center/Kauai Veterans Memorial Hospital (KVMH); Long Term Care; Eligible veterans	4643 Waimea Canyon Drive; Waimea, Kauai	(808) 338-9431
96797	Leeward YMCA; Membership required	94-440 Mokuola St., Waipahu	(808) 671-6495
96813	Laniakea Downtown YWCA; Membership required	1040 Richards St., Honolulu	(808) 538-7016
96813	Na Kupuna Makamae; Public	653 Ala Moana Blvd., Honolulu	(808) 773-7047
96815	The Plaza at Waikiki; Residents only	1812 Kalakaua Ave.; Honolulu	(808) 955-0800
96816	Kapiolani Community College, Kupuna Education Center; Public but registration required at: <a href="https://continuinged.kapiolani.hawaii.edu/kupuna-education-center/">https://continuinged.kapiolani.hawaii.edu/kupuna-education-center/</a>	4303 Diamond Head Rd., Honolulu	(808) 734-9108
96817	Lanakila Multipurpose Senior Center; Public ages 60+	1640 Lanakila Ave., Honolulu	(808) 847-1322
96817	New Hope Metro Church; Public	417 Waiakamilo St., Honolulu	(808) 285-4521
96817	Lanakila Comprehensive Hospital & Medical Center; West Honolulu Public Health Nursing Section; Patients	1700 Lanakila Ave., Honolulu	(808) 832-5731
96819	Veterans Administration: Tripler Army Medical Center; Gerofit ; Veterans via physician referral	459 Patterson Rd.; Honolulu	(808)4330240 Rehab Dept
96819	The Plaza at Moanalua; Residents only	1280 Moanalualani Pl., Honolulu	(808) 833-8880
96819	Kalihi YMCA; Membership required	1335 Kalihi St., Honolulu	(808)849-2494
96819	Veterans Administration Home Based Primary Care Program; Eligible veterans	459 Patterson Rd., Honolulu	(808)433-0224
96821	Kahala Nui Hi'Olani Care Center; Residents only	4389 Malia St., Honolulu	(808) 218-7000
96822	Manoa Valley District Park; City & County; Public	2721 Kaaipu Avenue	(808)988-0513

96822	Catholic Charities Hawaii; Public	1822 Keeaumoku St. Honolulu	(808) 521-4357
96826	Moilili Community Center; Public	2534 King St., Honolulu	(808) 945-7033
96826	Quality Health & Fitness; Public	1055 Kalo Pl. #102, Honolulu	(808) 927-1213