



Metabolic Therapist Terra Pracht >



Waianae Coast Comprehensive Health Center >



Hawaii State Health Insurance Assistance Program >



Jewish Community Services of Hawaii >



Waikiki Community Center >



Plan Advisors Hawaii >



Alzheimer's Association Hawaii >



Maluhia Adult Day Health Center >



WAIANAЕ COAST COMPREHENSIVE HEALTH CENTER

Phone: (808) 697-3405

<https://www.wcchc.com/>

Starting in 1972, the Waianae Coast Comprehensive Health Center (WCCHC) has served the federally-designated medically underserved community of Waianae and expanded to serve adjacent communities in the West Oahu region on the island of Oahu in the state of Hawaii. From its humble beginnings as a one-doctor office, the Health Center has grown into the largest and oldest of fifteen community health centers in the state.

The Health Center achieves its mission by not only serving patients who seek services, but also by incorporating the goal of improving the overall health status of the community it serves. The Founders' vision to offer comprehensive health services has guided the development of services and activities for our patient-centered healthcare home. Kupuna support services offered include assistance with applying for medical insurance, Sliding Fee Scale, and the State of Hawaii Department of Human Services Med-Quest, financial assistance, and SNAP (Food Stamps/EBT) benefits. We will work with you on gathering all necessary documents, help you complete your application, and submit your application for processing!

As Kupuna U Program Partners, we are excited to offer virtual chair yoga classes on **Tuesday from 9:00 AM to 9:30 AM and Thursday from 7:30 AM – 8:00 AM via Zoom.**

Virna Cheung, Director of Decision Support and a yoga teacher, has been teaching yoga classes at the Comp for staff and patients since 2015. She now offers **gentle** chair yoga class with focus on brain health for the Kupuna U community virtually. These 30 minutes classes will stretch and strengthen your breath, body, and brain!

"My knee felt locked up this morning when I woke up, and it is all better by the end of the class" – Jacqueline, Yoga Member

"After 3 months of attending this class, I could do my own laundry (hanging clothes on the lines) for the first time in two years! My friend commented that my gait and posture looked better too." – Myrna, Yoga Member

To learn more about services at WCCHC, please visit our website at <https://www.wcchc.com/> or contact Patient Assistant Services at (808) 697-3405. Their team of experts are standing by to help you!

CHAIR YOGA FOR THE BRAIN

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Jacqueline
YOGA MEMBER