

Military & Family Readiness

Resource Newsletter

JANUARY 2026



What Will Your Story Look Like in 2026?

Whether you're looking to advance your career, build a stronger financial future, nurture your family connections, or prioritize your health and wellness, we've gathered the tools to help you build real, sustainable momentum. Experts say to *write it down, make a plan, and take action*. Don't let the occasional setback stop you!

Boost Your Health and Wellness

Call Military OneSource at 800-342-9647 for **health and wellness coaching sessions for adults and teens** on topics such as fitness, nutrition, stress management, and more!

<https://www.militaryonesource.mil/health-wellness/prevention-care/health-and-wellness-coaching-consultation/>

The Family and **MWR** fitness program operates 6 **Physical Fitness Centers** that offer equipment, classes and personalized services 7 days a week. <https://hawaii.armymwr.com/programs/physical-fitness-center>

Human Performance Resources by CHAMP - evidence-based resources to help Service Members and their families optimize their performance and reach Total Fitness.

<https://www.hprc-online.org/>



Cut Back on Smoking, Vaping or Drinking

Are you considering quitting or cutting back on smoking or drinking?

Most insurance plans offer a range of evidence-based treatments, like counseling and pharmacotherapy, to help people quit smoking.

Hawai'i Tobacco Quitline can also help you with each step of the way. Free, Convenient, Safe & Secure.

<https://www.hawaiiquitline.org/>

VetChange is an app designed for Veterans, Service members, and anybody who is concerned about their drinking and how it relates to stress.

<https://mobile.va.gov/app/vetchange>



VetChange

Improve Financial Health

If learning how to improve your financial well-being is on your to-do list, there are many **FREE** resources to support you. Learn how to pay down debt, manage a checking account, choose good investments, create a family budget, and more!

Our **HIARNG Personal Financial**

Counselor, John Little, is awesome!

Free face-to-face or virtual counseling to help you meet your financial goals.

Call or text: 808-594-2509

Email:

pfc3.honolulu@magellanfederal.com

The **Office of Financial Readiness** has a wealth of information, tools, and assessments to take charge of your finances in 2026!

<https://finred.usalearning.gov/>



Questions, concerns?
Give us a
text/call/email

**Military & Family
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are here to support YOU!

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