



# KAISER PERMANENTE LIFESTYLE MEDICINE Virtual Classes – November 2020

Our Lifestyle Medicine classes have transitioned to a virtual format.

Members interested in attending can call **808-432-2260** to register or ask for a Lifestyle Coach who can help identify the most appropriate class.

## AGING WITH GRACE

Improve and maintain your well-being as you age. Learn strategies for fall prevention, staying mentally fit, improving bladder health, planning for advanced care, keeping active, and staying up-to-date with Medicare Wellness check-ups.

**Date/time:** Tue. 11/3, 9:30-11 a.m.

## CULINARY MEDICINE

Are you worried about blood sugar, weight management, or long-term illness in your family? Our culinary medicine series shares tools and cooking tips as well as discusses the health benefits of ingredients. If you are open to trying new foods and wanting to learn how to prepare easy and delicious recipes, this class led by a physician, chef, and health coaches may be for you. **Lifestyle Coach assessment is required to determine program eligibility.**

## DIABETES SKILLS AND BASICS

Get the skills you need to manage your diabetes whether you are newly diagnosed or have had diabetes for a while.

**Dates/time:** Tue. 11/3, 3-4:30 p.m.  
Fri. 11/13, 9-10:30 a.m.  
Wed. 11/18, 3-4:30 p.m.  
Mon. 11/23, 9-10:30 a.m.

## GET YOUR PLATE IN SHAPE

Do you wonder what diet is best for you? Should you follow the Mediterranean, plant-based, lower carb or another plan? Learn how foods can improve your health and which eating style may be most beneficial for your specific health condition(s).

**Dates/time:** Wed. 11/4, 9-10:30 a.m. or Thu. 11/19, 3-4:30 p.m.

## HALT – Healthy Achieved Through Lifestyle Transformation

This 20-week evidence-based Type 2 Diabetes and Heart Disease reversal program alternates between ten 2-hour group sessions and ten 30-minute individual lifestyle coaching appointments. The program is overseen by a physician and facilitated by lifestyle coaches and dietitians. Classes focus on transitioning members to a whole-food, plant-based diet and include lifestyle behavior change topics such as physical activity, label reading, mindfulness, positivity, eating out, and sleep to name a few. **Lifestyle Coach assessment is required to determine program eligibility.**

## HEALTHY BALANCE ORIENTATION

This one-hour orientation will review both non-surgical and surgical options offered in our region. Healthy Balance our non-surgical program is a twelve-month 16-session evidence-based series to help you make lifestyle changes to lose weight and lower your risk for diabetes and other health conditions. If you're interested in anti-obesity medication or bariatric surgery, completion of this Healthy Balance orientation is a required pre-requisite. At the end of this orientation and after you review the program eligibility requirements, you'll be able to enroll in either our non-surgical, Healthy Balance program or Bariatric Surgery pre-surgery program. Both of these programs are multi-series group-format classes.

**Dates/time:** Tuesdays at 11:00 a.m. or Wednesdays at 2:00 p.m.

## HEALTHY KIDS, HEALTHY FAMILIES

Healthy habits begin at home. Get eating and meal tips to improve health and energy. Parents, children or teens ages 7 to 18 can learn how to create a healthy lifestyle.

**Ages 7-11**      **Dates/time:**    Thu. 11/12, 3-4 p.m.

**Ages 12-18**    **Dates/time:**    Tue. 11/10 or Tue. 11/24, 3-4 p.m.

## MOBILIZING RESOURCES AND SUPPORT (Open to the community)

Going through cancer treatment can be tough. Identify the types of support you need – logistical, emotional, financial, or legal. Discover what community resources are available to you and your family.

**Date/time:**      Sat. 11/7, 9:30-11:30 a.m.

## PREGNANCY AND HEALTHY LIVING

This class is designed to help pregnant women make healthy lifestyle choices throughout their pregnancy and beyond birth. Participants will learn about developing healthy habits as well as ways to improve not only their own health but the health of their baby.

**Date/time:**      Wed. 11/18, 5-6 p.m.

## SENIOR SUMMIT PRESENTATION – Medicare and COVID-19 (Open to the community)

Presented by State Health Insurance Assistance Program (SHIP), attendees will learn about:

- Medicare enrollment and switching plans during COVID-19
- Medicare coverage/benefits of COVID-19
- Medicare fraud and scams associated with COVID-19

**Date/time:**      Mon. 11/9, 10-11 a.m.

## SENIOR WELLNESS

Aging can be challenging. Learn healthy coping strategies in a group setting with peer support. Educational topics are geared to help create a healthier mind and body.

**Date/time:**      Thu. 11/5, 10-11:30 a.m.

## SOAR – Seniors Online: Activities and Recreation

Kaiser Permanente is pleased to offer the following activities to engage Kupuna who may be isolated due to COVID restrictions. Participants will need to download the Microsoft TEAMS app to join these sessions.

**Bingo** – Tuesdays, 12:30-1:30 p.m.

**Chair Yoga** – Tuesdays, 12:30-1:30 p.m.

**Hula** – Thursdays, 12:30-1:30 p.m.

**Trivia** – Thursdays, 12:30-1:30 p.m.

## STOP PREDIABETES IN ITS TRACKS

Take the first steps to lower your risk of developing diabetes. Find an eating, exercise, and stress management plan that works for you.

**Dates/time:**      Thu. 11/5, 3-4:30 p.m. or Tue. 11/24, 9-10:30 a.m.

## TEEN WELLNESS

This program focuses on youth ages 12-18 and covers topics such as healthy eating, incorporating more fruits and vegetables into meals, meal planning and preparation, communication, physical activity, and mental wellness.

**Lifestyle Coaching assessment is required to determine program eligibility.**

## VIVA VEGGIES – INTRODUCTION TO A PLANT STRONG DIET

Learn about plant-strong eating and how it can improve your health and sense of wellbeing. Understand the elements and benefits of a plant-strong diet and get recipes and cooking tips to transition to a healthier life.

**Dates/time:**      Mon. 11/2, 3-4:30 p.m.

Thu. 11/12, 9-10:30 a.m.

Mon. 11/16, 4-5:30 p.m.