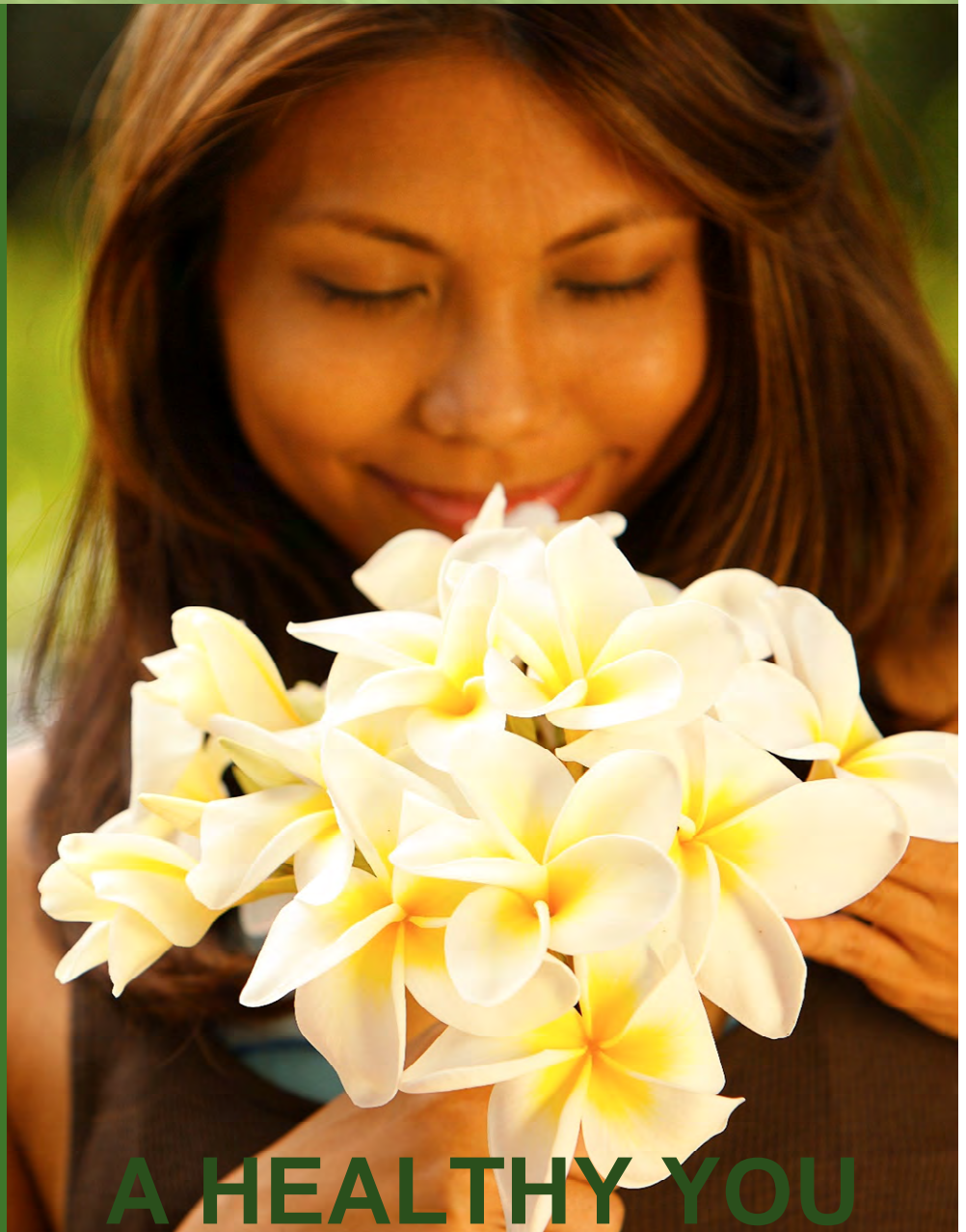


HEALTHY  
LIVING

# classes + resources

**Inspire People.**  
**Inform Choices.**  
**Improve Health.**

At Kaiser Permanente, we're committed to your total well-being – mind, body, and spirit – because we understand that being healthy is not just about living, it's about living well. Take charge of your health today!



## A HEALTHY YOU

OAHU • JANUARY – JUNE 2020

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# GENERAL INFORMATION

## Registration and Fees

In addition to being open to Kaiser Permanente members, many of our classes are also open to the community. To get the most value from the educational experience, individual classes are organized into sessions. Participants may determine the number of classes they can attend within the session. For more information or for class schedules, view or download our catalog at [kpinhawaii.com/our-services](http://kpinhawaii.com/our-services), visit [kp.org/classes](http://kp.org/classes), or call the phone number listed within the class description.

All classes require pre-registration and pre-payment (if applicable). \* To receive a refund, you must cancel at least 24 hours before the start of the first class. **Class dates and times are subject to change/cancellation.** Only registered participants will be notified of any schedule changes.

*\* Class fees, dates, and times vary and are subject to change.*

## In General

- Walk-ins are not advised, as the class may be full or may have been cancelled due to low enrollment.
- For safety, children are not allowed to attend any classes unless they are participants of the New Sibling Tour.
- Receipt of payment must be presented at your first night of class to participate.

## For Pregnancy and Childbirth Classes

- Payment is due one week after registration and must be made in full with a cashier at any Kaiser Permanente facility. If your payment is past due, your seat will be given away.
- Receipt of payment must be presented at your first night of class to participate.
- Refunds for any missed classes are not allowed unless medical verification is provided.

## For Exercise and Fitness Classes

- Drop-ins (participating) and/or auditing (observing) of classes are allowed on a one-time basis only. Drop-ins are assessed a fee.
- Payment is due no later than one week after registration and must be made in full.
- Pro-rating of class fee is only allowed at the time of registration and for a pre-arranged medical absence or a pre-arranged vacation.
- Refunds for any missed classes are not allowed unless medical verification is provided.
- Receipt of payment must be presented at your first night of class to participate.
- A participation waiver must be signed on your first night of class.

**Note:** There are risks inherent in any exercise program. Kaiser Permanente recommends that you consult with your physician before beginning any exercise program. The Prevention and Health Education staff would be happy to answer any questions you or your physician may have about any exercise program.

*Some products and services are provided by an entity other than Kaiser Permanente. Kaiser Permanente does not make any representations regarding the quality of such products and services.*

# Cancer

## American Cancer Society

The American Cancer Society is a nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem. Lifesaving research along with programs for prevention and early detection help diminish suffering from cancer and provide patient support. Getting cancer is hard. Finding help is not.

### For more information:

Call 1-800-227-2345 or visit [www.cancer.org](http://www.cancer.org)

## Caring Connections – Breast Cancer Peer Mentoring Program (MEMBERS ONLY)

Being diagnosed with breast cancer can bring up many feelings such as fear, uncertainty, or helplessness. But you are not alone. You have a choice of connecting with a breast cancer survivor to help and support you through your journey.

**Fee:** No charge

### To request a peer mentor:

Call toll free 1-844-416-4434



## Mobilizing Resources and Support

### (MEMBERS ONLY)

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.

**Pre-registration required.**

**Fee:** No charge

**Location:** Moanalua Medical Center, Neuroscience Conference Room 4C, 4th Floor

**Date/time:** Saturday, 3/7, 5/2 or 9/5; 9:30-11:30 am

**To register:** Call 808-432-2260

## Nutrition and Exercise During and After Cancer Treatment

### (MEMBERS ONLY)

Manage eating problems related to cancer treatment. Explore the importance of making healthy dietary choices and being active during treatment. Learn the importance of maintaining a healthy weight, adopting an active lifestyle, and making good dietary choices after cancer treatment. **Pre-registration required.**

**Fee:** No charge

**Location:** Moanalua Medical Center, Neuroscience Conference Room 4C, 4th Floor

**Date/time:** Saturday, 2/1, 4/4 or 8/1; 9:30-11:30 am

**To register:** Call 808-432-2260



## Lifestyle Coaching (MEMBERS ONLY)

Get the motivation and guidance you need to take an active role in your health with our wellness coaches. Whether you're trying to get more active, eat better, manage your weight, quit tobacco, or reduce stress, scheduling a convenient telephone session with your personal coach can help you create – and stick with – a plan for reaching your goals.

**Fee:** No charge

**To make a telephone appointment:** Call 808-432-2260

# Diabetes

## Diabetes Skills and Basics (MEMBERS ONLY)

Get the skills you need to manage your diabetes whether you are newly diagnosed or have had diabetes for a while. Practice meal planning, develop a self-care plan, and learn how to use your blood sugar meter. **Pre-registration required.** (Dates subject to change.)

**Fee:** Usual office visit fee

**Location 1:** Honolulu Medical Office

**Dates/time:** 1/13, 2/10, 3/16, 4/13, 5/18 or 6/15;  
8:30-11:30 am

**Dates/time:** 1/14, 1/28, 2/11, 2/25, 3/10, 3/24, 4/14,  
4/28, 5/12, 5/26, 6/9 or 6/23; 1:30-4:30 pm

**To register:** Call 808-432-2000

**Location 2:** Koolau Medical Office

**Dates/time:** 1/14, 2/11, 3/10, 4/14, 5/12 or 6/9;  
8:30-11:30 am

**Dates/time:** 1/30, 2/27, 4/30, 5/28 or 6/25; 1:30-4:30 pm

**To register:** Call 808-432-2000

**Location 3:** Mapunapuna Medical Office

**Dates/time:** 1/21, 2/18, 3/17, 4/21, 5/19 or 6/16;  
9 am-12 pm

**To register:** Call 808-432-2000

**Location 4:** Waipio Medical Office

**Dates/time:** 1/22, 1/28, 2/19, 2/26, 5/13, 6/17 or 6/30;  
8:30-11:30 am

**Dates/time:** 1/7, 2/4, 3/3, 3/24, 4/7, 4/22, 5/5, 5/27 or  
6/2; 1:30-4:30 pm

**To register:** Call 808-432-2000

## Ho'okipa One: Type 1 Diabetes Support Session

(OPEN TO THE COMMUNITY)

A complex illness can often leave you feeling isolated and alone. Meet with others who deal with the day-to-day challenges of Type 1 Diabetes. Learn about resources, management tips, and the latest research and treatment options. Family members can participate and share how this illness has affected them along with the fears they have when assisting with management.

**Fee:** No charge

**Location:** Honolulu Medical Office

**Day/time:** 2<sup>nd</sup> Thursday of the month, 6:15-7:45 pm

**For more information:** Call Samuel Fullmer at 808-258-5866 or Shannon Young at 808-432-2577 or 808-432-2502

## Stop Pre-Diabetes In Its Tracks (MEMBERS ONLY)

Take the first steps to lower your risk of developing diabetes. Find an eating, exercise, and stress management plan that works for you. Choose goals that set you up for success. Parents are required to attend on behalf of their child. (90-minute session). **Pre-registration required.** (Dates subject to change.)

**Fee:** No charge

**Location 1:** Honolulu Medical Office

**Dates/time:** 1/9, 3/12 or 5/14; 1:30-3 pm

**Dates/time:** 2/13, 4/9 or 6/4; 3:30-5 pm

**To register:** Call 808-432-2000

**Location 2:** Kahuku Clinic

**Date/time:** 2/28; 10-11:30 am

**Date/time:** 6/26; 2-3:30 pm

**To register:** Call 808-432-2000

**Location 3:** Koolau Medical Office

**Dates/time:** 1/16, 2/20 or 4/16; 3-4:30 pm

**To register:** Call 808-432-2000

**Location 4:** Mapunapuna Medical Office

**Dates/time:** 1/16 or 5/14; 9-10:30 am

**To register:** Call 808-432-2000

**Location 5:** Nanaikelo Clinic

**Dates/time:** 2/20, 4/16 or 6/18; 12-1:30 pm

**Dates/time:** 1/16, 3/19 or 5/21; 4-5:30 pm

**To register:** Call 808-432-2000

**Location 6:** Waipio Medical Office

**Date/time:** 2/12; 9-10:30 am

**Dates/time:** 4/7 or 6/2; 11:30 am-1 pm

**To register:** Call 808-432-2000



# Exercise and Fitness

## Move Camp

(OPEN TO THE COMMUNITY)

Use the latest fitness tools such as resistance bands, medicine balls, ropes, and more to build cardio, strength, balance, and core. Workouts regularly change so you will never get bored. This ultimate full body workout can be adjusted to any fitness level. **Pre-registration required.**

**Fee:** (14 classes) \$105 member, \$112 nonmember, \$98 staff

**Instructors:** Damon Trevor, PT

**Location 1 (women-only):** Mapunapuna Medical Office

**Day/time:** Mondays and Wednesdays; 5:30-6:30 pm

- **Session 1:** 1/6 – 2/26 (no class 1/20 & 2/17)
- **Session 2:** 3/9 – 4/22
- **Session 3:** 5/4 – 6/22 (no class 5/25)
- **Session 4:** 7/1 – 8/17

**To register:** Call 808-432-2260

**Location 2 (co-ed):** Moanalua Medical Center

**Day/time:** Tuesdays and Thursdays; 5:45-6:45 pm

- **Session 1:** 1/7 – 2/20
- **Session 2:** 3/3 – 4/21 (no class 3/26)
- **Session 3:** 4/30 – 6/18 (no class 6/11)
- **Session 4:** 6/30 – 8/13

**To register:** Call 808-432-2260

## Yoga

(OPEN TO THE COMMUNITY)

Promote your health and well-being using basic yoga poses. Develop flexibility and strength, and minimize tension in your life. **Pre-registration required.**

**Fee:** (15 classes) \$75 member, \$105 nonmember, \$60 staff

**Location:** Honolulu Medical Office

**Day/time:** Thursdays; 5 to 6 pm

- **Session 1:** 1/9 – 4/23 (no class 3/26)
- **Session 2:** 5/7 – 8/20 (no class 6/11)
- **Session 3:** 9/3 – 12/17 (no class 11/26)

**To register:** Call 808-432-2260

**Instructor:** Shoshana Cohen, RYT-200, CISSN



## Yoga-Pilates

(OPEN TO THE COMMUNITY)

Get a full body workout that combines yoga and pilates. Work your core (pilates) and increase balance and flexibility (yoga). Build strength and stability while sculpting your body.

**Pre-registration required.**

**Fee:** (16 classes) \$80 member, \$112 nonmember, \$64 staff

**Location:** Waipio Medical Office

**Day/time:** Wednesdays, 5:30-6:30 pm

- **Session 1:** 1/8 – 4/22
- **Session 2:** 5/6 – 8/19

**To register:** Call 808-432-2260

**Instructor:** Debra Toy Bressemer, MFA in Dance, ACE National Certification

## Zumba

(OPEN TO THE COMMUNITY)

Zumba is a fusion of Latin and international dance themes blended with body sculpting movements and easy to follow dance steps. Routines highlight aerobic fitness interval training with a combination of fast and slow rhythms. **Pre-registration required.**

**Fee:** (15 classes) \$75 member, \$105 nonmember, \$60 staff

**Location:** Honolulu Medical Office

**Day/time:** Mondays and Wednesdays, 5:30-6:30 pm

- **Session 1:** 1/6 – 3/2 (no class 1/20 & 2/17)
- **Session 2:** 3/9 to 4/27
- **Session 3:** 5/4 to 6/24 (no class 5/25)
- **Session 4:** 7/1 to 8/19

**To register:** Call 808-432-2260

**Instructor:** Kim Koki

# Nutrition & Weight Management

## Culinary Medicine (MEMBERS ONLY)

Join this nutrition session where coached by a doctor and dietitian, you will prepare a simple recipe. Discuss cooking tips and health benefits of ingredients. Enjoy tasting what you've prepared.  
**Note:** Participants must be at least 18 years of age to cook. Please wear covered shoes and long pants. Seating is limited.

**Pre-registration required.** (Dates subject to change.)

**Fee:** No charge

**Location 1:** Mapunapuna Medical Office  
**Dates/time:** 2/12, 4/15 or 6/25; 2:30-4 pm  
**To register:** Call 808-432-2000

**Location 2:** Waipio Medical Office  
**Dates/time:** 1/15, 3/4 or 5/20; 2:30-4 pm  
**To register:** Call 808-432-2000

## Get Your Plate in Shape (MEMBERS ONLY)

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

**Fee:** No charge

**Location 1:** Honolulu Medical Office  
**Dates/time:** 1/9, 3/12 or 5/14; 3:30-5 pm  
**Dates/time:** 2/13, 4/9 or 6/4; 1:30-3 pm  
**To register:** Call 808-432-2000

**Location 2:** Kahuku Medical Office  
**Date/time:** 6/26; 9-10:30 am  
**To register:** Call 808-432-2000

**Location 3:** Koolau Medical Office  
**Dates/time:** 2/11, 4/14 or 6/9; 3-4:30 pm  
**To register:** Call 808-432-2000

**Location 4:** Waipio Medical Office  
**Date/time:** 1/8, 3/4 or 5/6; 9-10:30 am  
**To register:** Call 808-432-2000

## Healthy Kids, Healthy Families (MEMBERS ONLY)

Healthy habits begin at home. We will cover eating and meal tips to improve health and energy. Families with children ages 6 to 17 can learn together on how to create a healthy lifestyle. **Attendance by parent(s) and pre-registration required.** (Dates subject to change.)

**Fee:** No charge

**Location 1:** Honolulu Medical Office  
**Dates/time:** 1/3, 4/10 or 6/2; 10-11:30 am  
**To register:** Call 808-432-2000

**Location 2:** Waipio Medical Office  
**Dates/time:** 1/3 or 6/5; 2-3:30 pm or 4/10; 2:30-4 pm  
**To register:** Call 808-432-2000

## Medical Nutrition Therapy (MEMBERS ONLY)

Speak with a registered dietitian to discuss specific conditions such as diabetes, heart disease, kidney disease, and more.

**Note:** No referral needed.

**Fee:** Usual office visit fee

**Locations:** Honolulu Medical Office, Koolau Medical Office, Mapunapuna Medical Office, Nanaikeola Clinic, Waipio Medical Office

**To make an appointment:** Call 808-432-2000

## Medical Weight Management

Improve your health, increase your energy, and live life to its fullest. If you have more than 50 pounds to lose, you may qualify for our medical weight management program. Join us for our monthly weight management information session and learn about the following:

- **Bariatric Surgery:** This 12-month program offers education sessions and medical supervision to prepare you for a successful surgery and post-operative care.
- **Transitions:** Develop new skills to keep you on track and motivated. This 14-week program offers partial meal replacement or medication, education sessions (behavioral, dietary and exercise), and medical supervision in a supportive environment.

**Fee:** Varies depending on health plan coverage

**For more information or to register:**  
Call 808-432-7830

## Vegetarian Society of Hawaii (OPEN TO THE COMMUNITY)

The Vegetarian Society of Hawaii (VSH) is among the largest vegetarian/vegan societies in the nation. Once a month VSH invites a guest speaker to present a lecture or cooking demonstration. All lectures are free and open to the public.

**For more information:** Call 808-944-8344 or visit [www.vsh.org](http://www.vsh.org)



## Viva Veggies – Intro to a Plant Strong Diet (MEMBERS ONLY)

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.

**Pre-registration required.** (Dates subject to change.)

**Fee:** No charge

**Location 1:** Honolulu Medical Office

**Dates/time:** 2/27 or 4/6; 8:30-10 am

**Dates/time:** 1/13, 3/16, 5/11 or 6/8; 3:30-5 pm

**To register:** Call 808-432-2000

**Location 2:** Kahuku Medical Office

**Date/time:** 2/28; 2-3:30 pm

**To register:** Call 808-432-2000

**Location 3:** Koolau Medical Office

**Dates/time:** 1/14, 3/10 or 5/12; 3-4:30 pm

**To register:** Call 808-432-2000

**Location 4:** Mapunapuna Medical Office

**Dates/time:** 2/13 or 4/14; 9-10:30 am

**To register:** Call 808-432-2000

**Location 5:** Waipio Medical Office

**Date/time:** 1/28; 3-4:30 pm

**Dates/time:** 3/24 or 5/27; 11:30 am-1 pm

**To register:** Call 808-432-2000

## Weight Watchers® Meetings

For complete information about the Weight Watchers program in Hawaii call 1-800-651-6000. To find a meeting location near you log onto [www.weightwatchers.com](http://www.weightwatchers.com) and click on “Find a Meeting” and type in your nearest city of zip code.

## Patient Education

### Anxiety Mastery Group (MEMBERS ONLY)

Learn to identify what triggers anxiety and the ways to manage symptoms.

**Note:** A referral by a therapist or psychiatrist is required before attending the class.

**Fee:** Usual office visit fee

**Location:** Integrated Behavioral Health Ala Moana

**For more information or to register:**

Call Integrated Behavioral Health at 808-432-7600

### Couples Communication Class

*(One participant from each couple must be a member)*

The heart of a healthy relationship is good communication. Learn ways to bring up difficult topics, reduce defensiveness, and understand each other's perspective. Specifically designed for couples in a committed relationship. **Pre-registration required.**

**Fee:** \$100 per couple (4 classes)

**Location:** Moanalua Medical Center

- **Session 1:** Thursdays, 2/13 – 3/5; 6:30-8 pm
- **Session 2:** Thursdays, 5/7 – 5/28; 6:30-8 pm

**For a referral:** Call 808-432-7600

**Instructors:** Alisa Au, LCSW and Candyce Kaaiai, LCSW, MPH, CSAC

### Couples Introduction to Mindfulness Communication Class

**(OPEN TO THE COMMUNITY)**

In this introduction to mindfulness communication, couples will learn simple yet powerful ways to interact with each other more effectively using a compassion, kindness and empathy model. Relax, practice stress reduction with your partner and enrich your relationship through being present together.

**Fee:** \$35 per couple for member, \$45 per couple for nonmember

**Location:** Honolulu Medical Office

**Date/time:** Tuesday, 2/11; 6-8 pm

**To register:** Call 808-432-2260

**Instructor:** Elizabeth Anderson, MA, LMFT



## Improving Your Sleep (MEMBERS ONLY)

This behavioral health education class is designed to enhance sleep quality for individuals experiencing primary insomnia. The course focuses on skill building in sleep restriction and stimulus-control intervention, as well as relaxation techniques, mindfulness, cognitive-behavioral hygiene, and self-care enhancement. An overview of the causes of insomnia, general sleep hygiene, and medications and their limitations will also be covered. This class does not address medical conditions that interfere with sleep.

**Pre-registration required.**

**Fee:** Usual office visit fee

**Location:** Mapunapuna Medical Office

**For more information or to register:**

Call Integrated Behavioral Health at 808-432-7600



## Incredible Years Parenting Class

*(Members or parents of child member only)*

Rediscover the joy and fun of parenting. Build a closer relationship with your child, improve your child's social and emotional skills, reduce aggression and behavioral problems, and improve compliance at home and at school. This evidence-based parenting curriculum has over 30 years of research support.

**Note:** This is a **parent's only** session. For families with children ages 2 to 14. A doctor's referral is required. **Pre-registration required.**

**Fee:** Varies

**Locations:** Integrated Behavioral Health Ala Moana and Waipio Medical Office

**For more information:**

Call Integrated Behavioral Health at 808-432-7600

## Kidney Education (MEMBERS ONLY)

Manage chronic kidney disease (CKD) by attending these three classes:

- **Kidney Education:** Learn how the kidneys function and how you can manage CKD with proper diet, exercise, and medications.
- **Kidney Choices:** Learn about the advantages/disadvantages of hemodialysis, peritoneal dialysis, kidney transplant and no treatment.
- **Kidney Transplant:** Learn about eligibility, the pros and cons, and living with a kidney transplant.

**Note:** A doctor's referral is required.

**Fee:** Usual office visit fee

**Locations:** Honolulu and Kapolei Medical Offices and Moanalua Medical Center

**Day/time:** Call for dates and times

**For more information or to register:**

Call 808-432-8000

## Managing Depression Group (MEMBERS ONLY)

In this series, you will learn about what depression is as well as ways to manage your symptoms.

**Note:** A referral by a therapist or psychiatrist is required before attending the class.

**Fee:** Usual office visit fee

**Location:** Integrated Behavioral Health Ala Moana

**For more information or to register:**

Call Integrated Behavioral Health at 808-432-7600

## Pediatric Pre-Operative Tour (MEMBERS ONLY)

Having an operation can be scary for young children. Join this hospital tour to help prepare your children for surgery. Studies show that children who take part in pre-operative tours have an easier time during and after surgery. They become familiar with the hospital environment, equipment, and procedures and can ask questions and discuss concerns. Tours may also be offered at your child's pre-operative appointment for your convenience. **Pre-registration required.**

**Fee:** No charge

**Location:** Moanalua Medical Center

**Day/time:** Weekdays, 8:30 am-4 pm  
(By appointment only)

**To make an appointment:** Call Child Life Services at 808-432-8938

# Pregnancy and Childbirth

*Early registration recommended. Space is limited.*

## Birth Center Tour (MEMBERS ONLY)

If you are expecting a bundle of joy, tour our Family Birth Center. See where your baby will be born and learn about all the resources available to you. Partners welcome. **Note:** No children please. **Pre-registration required.**

**Fee:** No charge

**Location:** Moanalua Medical Center

**Dates/time:** 3<sup>rd</sup> Wednesday of the month; 1/15, 2/19, 3/18, 4/15, 5/20 or 6/17; 4-5 pm or 5-6 pm

**To register:** Call 808-432-2260

## Centering Pregnancy (MEMBERS ONLY)

This fun interactive group-based program offers prenatal care with guided topics to enhance your prenatal care experience. Research shows improved outcomes and satisfaction with prenatal care with our Centering families.

Join the Centering program at weeks 16-18 of pregnancy. To learn more, go to [www.centeringhealthcare.org](http://www.centeringhealthcare.org). Appointments are preset with 10 sessions and with one provider. A support person is welcome!

**Fee:** No charge

**Location:** Waipio Medical Office

**To register:** Call 808-432-4255

### WANT TO KNOW MORE?

- Visit [kp.org/pregnancy](http://kp.org/pregnancy) for fertility calculators, baby's development week by week, common tests and procedures and much more!
- Go to [kp.org/video](http://kp.org/video) to watch a video on newborn care.
- Visit [kp.org/listen](http://kp.org/listen) to stream or download podcasts on relaxation, sleep, and pregnancy and childbirth.



## Childbirth Education Class (MEMBERS ONLY)

Discuss your questions and concerns with other pregnant women in a relaxed setting. Learn about your changing body, and signs and stages of labor. Review relaxation exercises, breathing techniques and comfort measures for labor. Connect with your birth partner and discuss your birthing options, positions for labor, and pain management. **Pre-registration required.**

**Fee:** \$100.00 (5 classes)

**Location 1:** Honolulu Medical Office

**Day/time:** Mondays, 6-8 pm

- **Session 1:** 2/3 – 3/9 (no class 2/17)
- **Session 2:** 4/20 – 5/18
- **Session 3:** 8/3 – 8/31

**To register:** Call 808-432-2260

**Location 2:** Moanalua Medical Center

**Day/time:** Thursdays, 6-8 pm

- **Session 1:** 1/9 – 2/6
- **Session 2:** 4/2 – 4/30
- **Session 3:** 8/6 – 9/3

**To register:** Call 808-432-2260

## Keiki Passenger Safety (OPEN TO THE COMMUNITY)

Is your child's car seat or booster seat installed properly? Get it checked by a child passenger safety technician certified by the National Highway Traffic Safety Administration (NHTSA). **Note:** Install your child's car seat before your appointment and bring your car manual and car seat instructions. **Pre-registration required.** (Dates subject to change.)

**Fee:** No charge

**Location:** Waipio Medical Office

**Dates/time:** Thursday, 1/23, 2/27, 5/28, 6/25, 7/23, 8/27, 9/24 or 10/22; 3:30-5:30 pm (30-minute appointment)

**To register:** Call 808-432-2260

## Labor Epidural Class: Anesthesia Options for Labor and Delivery (MEMBERS ONLY)

Review anesthetic pain options for labor and delivery. An anesthesia provider will answer all your questions in a friendly, stress-free environment.

**Pre-registration required.**

**Fee:** No charge

**Location:** Moanalua Medical Center

**Day/time:** 1<sup>st</sup> Wednesday of the month, 6-7 pm

**To register or for more information:** Call the Anesthesiology Department at 808-432-8578



## New Sibling Tour (MEMBERS ONLY)

Give your children the opportunity to tour our Family Birth Center and learn what to expect when mom is ready to have the baby. **Pre-registration required.**

**Note:** Limited to 6 children, ages 3-12, accompanied by an adult.

**Up-to-date pediatric immunizations are a pre-requisite for enrollment.**

**Fee:** No charge

**Location:** Moanalua Medical Center

**Dates/time:** 2<sup>nd</sup> Saturday of the month; 1/11, 2/8, 3/14, 4/11, 5/9 or 6/13; 9-10 am or 10-11 am

**To register:** Call 808-432-2260



## Newborn Care (MEMBERS ONLY)

Having a baby can be a wonderful and yet overwhelming experience. Prepare for your new bundle of joy and learn about:

- Postpartum care
- Newborn care
- Infant safety (including basic infant CPR)
- Breastfeeding

Enroll early (during your 6th to 8th month of pregnancy) to participate in this class.

**Pre-registration required.**

**Fee:** \$80.00 (4 classes)

**Location 1:** Honolulu Medical Office

**Day/time:** Tuesdays, 6-8 pm

- **Session 1:** 2/4 – 2/25
- **Session 2:** 3/10 – 3/31
- **Session 3:** 7/7 – 7/28
- **Session 4:** 9/8 – 9/29
- **Session 5:** 11/3 – 11/24

**To register:** Call 808-432-2260

**Location 2:** Kapolei Clinic

**Day/time:** Thursdays, 3-5 pm

- **Session 1:** 2/27 – 3/19

**To register:** Call 808-432-2260

**Location 3:** Koolau Medical Office

**Day/time:** Wednesdays,  
6:30-8:30 pm

- **Session 1:** 1/8 – 1/29
- **Session 2:** 4/8 – 4/29
- **Session 3:** 6/3 – 6/24
- **Session 4:** 9/9 – 9/30

**To register:** Call 808-432-2260

**Location 4:** Moanalua Medical Center

**Day/time:** Mondays, 6-8 pm

- **Session 1:** 8/3 – 8/24
- **Session 2:** 11/2 – 11/23

**To register:** Call 808-432-2260

## Post-Partum Depression Support HI

If you're struggling as a new mom you are not alone. Changes during pregnancy can cause you to feel:

- disconnected from your baby
- too anxious to sleep
- angry about things that never upset you before
- overwhelmed
- like a bad mother

Get support in an emotionally safe place so you can make your way back to feeling like yourself again.

**For more information:**

Call 808-392-7985 or visit [www.ppdsupporthi.org](http://www.ppdsupporthi.org)

## Welcome to Pregnancy Care with Kaiser Permanente (OPEN TO THE COMMUNITY)

Ideal for early pregnancy! This two-hour informational session covers the basics of prenatal care at Kaiser Permanente. Get the help you need to navigate your pregnancy journey and get your questions answered. Tour the labor and delivery unit and learn what is offered on kp.org. Partners and support persons are encouraged to attend.

Classes are open to Kaiser Permanente members and non-members. Walk-ins are welcome. Parking will be validated and snacks will be provided.

**Fee:** No charge

**Location:** Moanalua Medical Center

**Day/time:** Wednesday, 1/22, 3/25, 4/22, 6/24, 8/26, 9/23, 10/28 or 11/25; 6:30 to 8:30 pm

**To register:** Call 808-432-2260

# Self-Care Programs

## Family Education Training Center of Hawai'i (OPEN TO THE COMMUNITY)

Do you want your family to work well together? Do you want to know how to grow your own food? Would you like to cook healthy meals as a family? Come to the Family Education Training Center of Hawai'i (FETCH) for parenting classes, youth sessions and family together activities that teach sustainable lifestyles. Improve relations with your children while learning how to support your family through sustainable gardening. **Pre-registration required.**

**Fee:** (12 Sessions) \$17 per session. Price includes a full meal for the family and project supplies.

**Location:** University of Hawai'i, Hale Tuahine (on Woodlawn Avenue in Manoa, directly across the street from Long's Drugs; free parking is available on the Hale Tuahine site

**Day/time:** Call for days and times

### For more information or to register:

Call 808-956-2248 between 8 am and noon, Monday through Friday or email [fetchoahu@gmail.com](mailto:fetchoahu@gmail.com)

## Healing Touch (Level 1) (OPEN TO THE COMMUNITY)

Find out how the power of touch can promote relaxation, reduce pain and anxiety, speed the healing process, and bring harmony to your mind, body, and spirit. This gentle form of alternative healing uses hands-on, energy-based techniques. Completing this class will qualify you to receive 20 continuing education credit hours.

**For more information:** Call Lori Protzman at 808-456-2869 or email [lori.protzman@yahoo.com](mailto:lori.protzman@yahoo.com)

## Hearing Health Seminars (OPEN TO THE COMMUNITY)

Attend this session and learn about the anatomy of the ear, factors that are associated with hearing loss, and the latest technology available. A Kaiser Permanente audiologist will explain hearing loss and the options that are available to improve your quality of life. Visit our website at [kp.org/hearingservice/hi](http://kp.org/hearingservice/hi).

**Pre-registration required.**

**Fee:** No charge

**Locations:** Honolulu, Koolau, and Waipio Medical Offices

**Day/time:** Call for days and times

**To register:** Call the Hearing Service Center at 866-400-1760

12 Kaiser Permanente Oahu



## Laser Vision Correction\*

Get a one-on-one consultation to determine if you are a good candidate for laser vision correction.

**Fee:** No charge

**Location:** Honolulu Medical Office

**To schedule a consultation:** Call 866-400-1760

*Kaiser Permanente members typically have coverage for medically necessary eye examinations, which are generally conducted at Kaiser Permanente facilities. Otherwise, the services described here are provided on a fee-for-service basis, separate from and not covered under your health plan benefits. Clinical services are provided by providers or contractors of Hawaii Permanente Medical Session, Inc. Results of services vary among patients and cannot be guaranteed. Hawaii Permanente Medical Session, Inc., Kaiser Foundation Health Plan, Inc., and Kaiser Foundation Hospitals have a financial interest in the provision of these services. For specific information about your health plan benefits, please see your Summary of Benefits*

## Introduction to Mindfulness-Based Stress Reduction Program (MBSR) (OPEN TO THE COMMUNITY)

Discover tools to help you calm the mind and body and increase your ability to cope with stress, pain, and challenges of everyday life. During this class, you'll learn what mindfulness is and how it can improve your health and overall wellbeing. You'll experience, first-hand, the mindfulness practices that will be used during the MBSR program.

**Pre-registration required.** (Dates subject to change.)

**Fee:** No charge

**Location:** Honolulu Medical Office

**Date/time:** Wednesday, 2/5; 6-8 pm

**To register:** Call 808-432-2260

**Instructor:** Elizabeth Anderson, MA, LMFT

## Mindfulness-Based Stress Reduction Program, Part 1

### (OPEN TO THE COMMUNITY)

Continue to develop and improve your mindfulness skills with this series. You'll practice meditation, body awareness and mindful movement based on the teachings of Jon Kabat-Zinn, Ph.D. MBSR is supported by nearly thirty years of scientific research. Whether you have a specific medical condition, want to manage stress, or are just focused on taking good care of yourself, this class is for you! *(Dates subject to change.)*

**Note:** Attending the introduction session is strongly encouraged. **Pre-registration required.**

**Fee:** \$95.00 includes 2 workbooks (2 classes)

**Location:** Honolulu Medical Office

**Dates/time:** Saturday, 2/15 & 2/22; 8:30 am-12 pm

**To register:** Call 808-432-2260

**Instructor:** Elizabeth Anderson, MA, LMFT

## Mindfulness-Based Stress Reduction Program, Part 2

### (OPEN TO THE COMMUNITY)

Expand your mindfulness-based stress reduction skills by participating in our advanced series of classes. In these classes, you will learn to:

- Acknowledge your feelings and express them effectively
- Determine when and how to "let go", and gain skillful communication for interpersonal relationships
- Gain self-reliance by also practicing on your own without the program CD
- Integrate all foundations by keeping up the formal and informal mindfulness practices and create a plan to move forward

**Note:** Completion of part 1 necessary to participate in part 2 classes. Materials purchased in part 1 will be used in part 2. **Pre-registration required.** *(Dates subject to change.)*

**Fee:** \$60.00 (2 classes)

**Location:** Honolulu Medical Office

**Dates/time:** Saturday, 2/29 & 3/7; 8:30 am-12 pm

**To register:** Call 808-432-2260

**Instructor:** Elizabeth Anderson, MA, LMFT



## Physical Therapy Programs (MEMBERS ONLY)

A variety of physical therapy programs are available for a range of conditions including back, neck, and shoulder issues; TMJ (temporomandibular joint disorder), fall prevention, knee arthritis; sprains, strains, patello femoral syndrome lymphedema; and chronic venous insufficiency.

**Fee:** Usual office visit fee

**To make an appointment:** Call Rehab Services at 808-432-5700



## Skin Care Fairs (OPEN TO THE COMMUNITY)

Learn about the latest products and speak with a licensed clinical aesthetician. Special events are scheduled throughout the year and discounted rates are available for most products in stock. Visit [kp.org/aesthetic/hi](http://kp.org/aesthetic/hi) for additional information. **Pre-registration not required.**

**Fee:** No charge

**Locations:** Honolulu and Mapunapuna Medical Offices

**Day/time:** Call for dates and times

**For more information:** Call The Aesthetic Center at 866-400-1760

## Support Groups

### Bereavement Support Session (OPEN TO THE COMMUNITY)

Coping with the loss of a loved one can be a struggle. Get the support, information, and referral services you need. Bereavement sessions and educational sessions are available throughout the year.

**Walk-ins are welcome.**

**Fee:** No charge

**Location:** Moanalua Medical Center (room location posted in lobby)

**Day/time:** 2<sup>nd</sup> Sunday of the month, 1-3 pm

**For more information:** Call Sandy Phol at 808-226-4787

### Crohn's Disease and Colitis Support Group (OPEN TO THE COMMUNITY)

Learn more about these diseases and meet others who are affected. Join this session to share challenges and offer mutual support in dealing with emotional and physical needs. **Walk-ins are welcome.**

**Fee:** No charge

**Location:** Honolulu Medical Office

**Day/time:** Monday, 1/27, 4/13, 7/27 or 11/9, 7-8 pm

**For more information:** Call 808-230-4205 or email [ibd-hawaii@gmail.com](mailto:ibd-hawaii@gmail.com)

### Grief Support Group by Navian Hospice Hawaii

(OPEN TO THE COMMUNITY)

Experiencing the death of a loved one can be difficult. Learn and connect with others in a self-help setting for support and healing. Share grief experiences in a confidential and safe setting. Facilitated by Navian Hospice Hawaii Staff. **Walk-ins are welcome.**

**Fee:** No charge

**Location:** Honolulu Medical Office

**Day/time:** 4<sup>th</sup> Fridays of the month; 1-3 pm

**For more information:** Call Navian Hospice Hawaii at 808-924-9255 or visit [www.navianhawaii.org](http://www.navianhawaii.org)

### Hawaii COPD "Breathing Hui" Support Session

(OPEN TO THE COMMUNITY)

If you have Chronic Obstructive Pulmonary Disease (COPD) or chronic bronchitis, emphysema and/or asthma this session is for you. Meet with others who are dealing with their lung problems and thriving. Bring your questions, share concerns, exchange successes, and benefit from a variety of guest speakers. Caregivers welcome. **Pre-registration not required.**

**Fee:** No charge

**Location:** Honolulu Medical Office

**Day/time:** 2<sup>nd</sup> Friday of the month, 10 am-12 pm

**For more information:** Email the Hawaii COPD Coalition at [copd.hawaii@yahoo.com](mailto:copd.hawaii@yahoo.com)

### National Alliance on Mental Illness (NAMI) Hawaii: Connection Support Sessions and Family Support Sessions (OPEN TO THE COMMUNITY)

Are you living with mental illness or a family caregiver of someone with mental illness? Gain insight from the challenges and successes of others facing similar circumstances. This session is facilitated by trained peers and family members with lived experiences.

**Fee:** No charge

**Location:** Oahu, Maui, Kauai, and Big Island

**Day/time:** Varied

**For more information or to register:**

Call 808-591-1297, email [info@namihawaii.org](mailto:info@namihawaii.org) or visit [www.namihawaii.org](http://www.namihawaii.org)

### National Alliance on Mental Illness (NAMI) Hawaii: Family-to-Family (F2F) Education (OPEN TO THE COMMUNITY)

Are you a family caregiver of someone with severe mental illness? Discuss the clinical treatment for this type of illness and gain the knowledge and skills you need to cope more effectively. Feel empowered to advocate for your loved one. This session is taught by trained family members of those who have experienced mental illness. **Pre-registration required.**

**Fee:** No charge (12 classes)

**Location:** NAMI Hawaii Office, 770 Kapiolani Blvd., Honolulu, HI 96813, Room 613

**Day/time:** Saturdays, 9:30 am-12 pm

**For more information or to register:**

Call 808-591-1297, email [info@namihawaii.org](mailto:info@namihawaii.org) or visit [www.namihawaii.org](http://www.namihawaii.org)

# Senior Health and Aging

## A Matter of Balance

(OPEN TO THE COMMUNITY)

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among older adults. It includes 8 two-hour sessions for a small group of participants led by a trained facilitator. **Pre-registration required.**

**Fee:** No charge

**Location:** Lanakila Multi-Purpose Senior Center, 1640 Lanakila Avenue, Honolulu

**Date/time:** Call for dates and times

**To register:** Call Peter Reyes at 808-527-4701 or email [peter.reyes@catholiccharitieshawaii.org](mailto:peter.reyes@catholiccharitieshawaii.org)

## AARP Driver Safety Program

(OPEN TO THE COMMUNITY)

If you are over 50, this class can help you brush up on your driving skills. Review the rules of the road and learn how aging can affect driving, how to help prevent accidents, how to deal with traffic congestion, and more. **Pre-registration required.**

**Fee:** \$15 AARP members, \$20 non-AARP members

**Location:** Hawaii Kai Clinic

**Dates/time:** 2/13, 5/21, 8/13 or 10/8; 9 am-1 pm

**To register:** Call Lynne Sugiyama at 808-292-3311

**Location:** Honolulu Medical Office

**Date/time:** 3/24; 9 am-1 pm

**To register:** Call Lynne Sugiyama at 808-292-3311

**Location:** Honolulu Medical Office

**Date/time:** 5/26 or 10/20; 9 am-1 pm

**To register:** Call Michael Kenny at 808-721-7852

**Location:** Honolulu Medical Office

**Date/time:** 7/28; 9 am-1 pm

**To register:** Call Candice Ching at 808-258-5388

**Location:** Kapolei Clinic

**Date/time:** 2/10; 9 am-1 pm

**To register:** Call Connie Rodrigues at 808-295-1288

**Location:** Kapolei Clinic

**Date/time:** 4/13, 6/8 or 9/14; 9 am-1 pm

**To register:** Call Cheryl Bellamy at 503-746-4317

**Location:** Koolau Medical Office

**Dates/time:** 1/16, 4/16, 6/18 or 10/15; 9 am-1 pm

**To register:** Call Chuck Dozier at 808-208-0012

**Location:** Waipio Medical Office

**Dates/time:** 4/24, 8/28 or 10/23; 12:30-4:30 pm

**To register:** Call Michael Kenny at 808-721-7852



## Aging with Grace

(MEMBERS ONLY)

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 checkups.

**Pre-registration required.**

**Fee:** No charge

**Location 1:** Honolulu Medical Office

**Dates/time:** 1/23 or 5/28; 9:30-11 am

**To register:** Call 808-432-2260

**Location 2:** Koolau Medical Office

**Dates/time:** 4/7; 9:30-11 am

**To register:** Call 808-432-2260

**Location 3:** Mapunapuna Medical Office

**Dates/time:** 3/3 or 7/7; 9:30-11 am

**To register:** Call 808-432-2260

**Location 4:** Waipio Medical Office

**Dates/time:** 2/11 or 6/9; 9:30-11 am

**To register:** Call 808-432-2260

## In Control – Treatment of Urinary Incontinence

(MEMBERS ONLY)

Urine leakage (incontinence) is common and can be upsetting. Learn about the type of incontinence you have, what affects it, and how to properly strengthen your pelvic floor.

**Fee:** Usual office visit fee

**Location:** Honolulu Medical office

**For more information:** Contact your primary physician to submit a referral for this class.



### **Senior Wellness Support Group Session**

#### **(MEMBERS ONLY)**

Aging can be challenging. Learn healthy coping strategies in a group setting with peer support. Educational topics are geared to help create community connections and support a healthier mind and body. *(Dates subject to change.)*

**Fee:** No charge

**Location:** Honolulu Medical Office

**Dates/time:** 1/15, 2/6, 3/5, 4/2, 5/7, 6/4, 7/2; 10-11:30 am

**To register:** Call 808-432-2260

**Facilitator:** Elizabeth Anderson, MA, LMFT

### **The Memory Mentor Program**

For people living alone on Oahu who receive little or no caregiving support. They show symptoms of memory loss, confusion or dementia, or have a diagnosis of dementia. The participants would benefit from a friendly in-home visit by a volunteer, having the volunteer help them with grocery shopping, light meal preparation, reviewing mail, or providing reminders. The participant would enjoy having someone to talk with and relieving social isolation. They too must want the service.

#### **For more information:**

Call 808-524-HOPE (4673) or visit [www.catholiccharitieshawaii.org](http://www.catholiccharitieshawaii.org)

### **The Phone-A-Friend Project**

For people age 65 and older, living on Oahu, who are socially isolated. They have temporary or permanent health problems that prevent them from participating in activities outside the home. They would enjoy speaking to someone on a regular basis and having a connection to the outside world. They would also benefit from the calls to make sure they are okay. The seniors must be able to use their home or cell phone and be home to accept the (agreed upon) scheduled calls from our volunteers. They must want the service.

#### **For more information:**

Call 808-524-HOPE (4673) or visit [www.catholiccharitieshawaii.org](http://www.catholiccharitieshawaii.org)



# Senior Summit Seminars

(OPEN TO THE COMMUNITY)

Attend and participate in discussions specific to seniors with focus on prevention, personal growth, and maintaining a healthy lifestyle. **Pre-registration required.**

## Heart Health

Join the emergency stroke nurse, a physical therapist and a dietician in this fun and informative session. We will show you exercises, provide dietary recommendations and talk about prevention, risk factors and early recognition of stroke and heart attack.

**Fee:** No charge

**Location:** Waipio Medical Office

**Date/time:** Monday, 2/3; 9-11 am

**To register:** Call 808-432-2260

**Speaker:** Joy Korkowski, RN, BSN, Stroke Care Consultant

## Brain Gym®

Brain Gym® is made up of 26 activities that help address balance, posture and coordination skills associated with daily life success. Learn simple movements that can help with comprehension, focus, organization, communication, and emotional health.

**Fee:** No charge

**Location:** Waipio Medical Office

**Date/time:** Monday, 3/9; 9-11 am

**To register:** Call 808-432-2260

**Speaker:** Cindy Ogata, Licensed in Nutrition, Secondary Science Education, School Counselor, Brain Gym and Massage Therapy

## Ke Ola 'Uthane – A Willed Body Program

There many benefits of donating your body and science. Aside from benefiting humanity with "one final gift", donors can rest assured that their donation will be treated with respect and dignity, literally benefiting thousands of people. Along with the satisfaction of knowing that you made a difference, donors appreciate that their loved ones won't need to worry, as mortuary and crematory costs are free. Join us and learn the other benefits of Ke Ola 'Uthane.

**Fee:** No charge

**Location:** Waipio Medical Office

**Date/time:** Monday, 4/13; 9-11 am

**To register:** Call 808-432-2260

**Speaker:** Kurt Schweitzer, Director of Donor Services

## Helping Families Have Difficult Conversations

Kupuna Pono is a family conferencing and mediation service offered by the Mediation Center of the Pacific to help families come together and talk about long-term care, end-of-life decisions, and healthcare directives as well as resolve any conflicts that may arise around these topics under the guidance of trained facilitators.

**Fee:** No charge

**Location:** Waipio Medical Office

**Date/time:** Monday, 5/11; 9-10 am

**To register:** Call 808-432-2260

**Speaker:** Katie Ranney, Mediation Center of the Pacific



## Take Charge...Help Prevent Health Care Fraud & Abuse!

Learn how Senior Medicare Patrol Hawaii combats Medicare fraud, abuse and errors and how individuals and the Medicare system are impacted.

**Fee:** No charge

**Location:** Waipio Medical Office

**Date/time:** Monday, 6/8; 9 -10 am

**To register:** Call 808-432-2260

**Speaker:** Kaipolani Cullen, Senior Medicare Patrol Hawaii Program Manager

# Tobacco Free

## HealthMedia® Breathe

This award-winning online program give you a personalized quit plan to decrease tobacco dependency, manage withdrawal symptoms, and handle cravings. Once you complete the questionnaire, you'll receive a guide tailored to your individual needs and preferences.

Sign on to [kp.org/healthylifestyles](http://kp.org/healthylifestyles).

## Tobacco Free Telephone Counseling (MEMBERS ONLY)

Certified tobacco counselors will help you develop a quit plan and learn about medications and tips to make quitting easier during four convenient telephone sessions.

**Fee:** No charge

**To make a telephone appointment:**

Call 808-643-4622

## Tobacco Free Workshop (MEMBERS ONLY)

This one-hour workshop provides a positive, no-pressure setting to help you develop your own quit plan. Medications to help you quit are also discussed and are available at your drug benefit co-pay. Receive two follow-up telephone sessions to support you during your quit plan. Workshops held monthly. **Pre-registration required.**

**Fee:** No charge

**Locations:** Honolulu and Waipio Medical Office

**To register:** Call 808-643-4622

## Cultivating Health® Kits:

To purchase any of the following resources, call the Prevention & Health Education Department at 808-432-2260.

- Improving Your Sleep Kit (\$13)
- Managing Diabetes Kit (\$13)
- Weight Management Kit (\$13)



## Fresh Days Farmer's Market

At Kaiser Permanente, we believe that healthy communities make for healthy people. Freshen up your meals with locally grown produce and benefit from other healthy products that can help your family live well and thrive.

### Kaiser Honolulu Medical Office

**Location:** 1010 Pensacola Street

**Date/Time:** Thursdays, 8 am-1:30 pm

### Kaiser Moanalua Medical Center

**Location:** 3288 Moanalua Road

**Date/Time:** Mondays and Wednesdays, 8 am-1:30 pm.

### Kaiser Waipio Medical Office

**Location:** 94-1480 Moaniani Street

**Date/Time:** Thursdays, 8 am-1:30 pm

**For more information:** Call 808-432-2260

# Additional Resources and Services

## Volunteering Opportunities

The goal of our volunteer program is to match your interest and talents with the needs of our organization.

**To apply:** Call 808-432-8138 or email [hi.kp.volunteer@kp.org](mailto:hi.kp.volunteer@kp.org)



## Online Resources

**kp.org/register:** Helpful information is right at your fingertips, 24/7. We have made it simple to get your results, make a routine appointment, refill your medications, email your doctor's office, and so much more. To access these secure features, register today!

**kp.org/healthylifestyles:** Go online and get healthy with Kaiser Permanente's Healthy Lifestyle Programs. Create free, personalized action plans that can help you make healthy choices and stick with them. *Members only.*

**kp.org/watch:** View health videos whenever and wherever you are.

**kp.org/listen:** Guided imagery programs engage your mind, body, and spirit to help you reduce stress, focus on healthy changes, and promote healing.

**kp.org/fitness:** Being active helps you be healthier and stronger — and feel your best — at every age. Getting 30 minutes of moderate exercise at least five days a week helps to lower your risk of serious illness and improve your mood.

**kp.org/mindbody:** Your mind and body are connected. How you think, feel, and act affect your total health and well-being. Being healthy, mentally and emotionally, means you feel good about yourself, your relationships, and your purpose in life.

**kp.org/depression:** Depression is a real—and common—medical illness that can affect your mind, body and spirit. It is not always easy to recognize, but depression has certain symptoms that are different from the "blues," which everyone gets from time to time. With proper treatment, most people with depression feel better and enjoy life more.

**kp.org/choosehealthy:** Discover complementary and alternative health and fitness programs, for health care that goes beyond office visits.

**kp.org/healthyliving:** Health and wellness resources at your fingertips:

- **Live healthy**  
Should you cut carbs or fill up on fiber? Better off walking or lifting weights? You want to live healthier, but you aren't sure where to begin. Start right here! Let our collection of practical tools, tips, and information be your guide. Topics include:
  - Health guides
  - Videos and podcasts
  - Tools & calculators
- **Drugs & natural medicines**  
Will the pills my doctor prescribed change the way I feel? Can taking B vitamins boost my energy level? Learn about prescription and over-the-counter drugs and supplements — including how they work, possible side effects, and more. Topics include:
  - Drug encyclopedia
  - Natural medicines database
  - Formulary
- **Conditions & diseases**  
Get physician-approved articles on the common cold, rare conditions, and the many health concerns that are in between. Topics include:
  - Health encyclopedia
  - Health guides
  - Connect with others
- **Programs & classes**  
The advantages of being a Kaiser Permanente member start now. Get online programs, special rates, and classes offered at our medical centers to help you live healthier. Topics include:
  - Classes, coaching, and more
  - Total Health Assessment
  - Make smart choices
  - Manage ongoing conditions
  - Special rates for members
  - Community support



**Kaiser Permanente  
Prevention and Health Education  
1010 Pensacola Street  
Honolulu, HI 96814**



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### **Facility Locations**

**Hawaii Kai Clinic: 6700 Kalanianaʻole Highway, Suite 111**

**Honolulu Medical Office: 1010 Pensacola Street**

**Kahuku Clinic: 56-565 Kamehameha Highway**

**Kailua Clinic: 201 Hamakua Drive**

**Kapolei Clinic: 599 Farrington Highway**

**Koolau Medical Office: 45-602 Kamehameha Highway**

**Mapunapuna Medical Office: 2828 Paa Street**

**Moanalua Medical Center: 3288 Moanalua Road**

**Nanaikeola Clinic: 87-2116 Farrington Highway**

**Waipio Medical Office: 94-1480 Moaniani Street**

