



KAISER PERMANENTE LIFESTYLE MEDICINE

Virtual Classes – August 2020

Our Lifestyle Medicine classes have transitioned to a virtual format.

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

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. 8/4; 9:30-11 a.m.

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. 8/4 or Thu. 8/27, 3-4:30 p.m.

Fri. 8/14 or Wed. 8/19, 8:30-10 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 about how foods can improve your health and which eating style may be most beneficial for your specific health condition(s).

Dates/time: Wed. 8/5, 9-10:30 a.m. or Thu. 8/20, 3-4:30 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:** Wed. 8/12 or Tue. 8/25, 3-4:30 p.m.

Ages 12-18 **Dates/time:** Thu. 8/6 or Wed. 8/19, 3-4:30 p.m.

SENIOR SUMMIT SEMINAR – MEDICARE 101 (Open to the community)

Join us for a FREE seminar and learn more about the basics of Medicare.

Date/time: Mon. 8/10, 10-11 a.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. 8/13, 3-4:30 p.m. or Tue. 8/25, 9-10:30 a.m.

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. 8/3, 3-4:30 p.m.

Thu. 8/13, 9-10:30 a.m.

Mon. 8/17, 4:30-6 p.m.

Mon. 8/24, 3-4:30 p.m.