

# LIFESTYLE MEDICINE

December 2024 - Online Class Schedule



CENTER FOR  
HEALTHY LIVING

KAISER PERMANENTE

To register: Call 808-432-2260 or log into your KP.ORG account>select Appointments>Lifestyle Medicine Classes  
All classes are no charge to participants. \*Class cannot be self-booked on kp.org. ♦ Must start series with class #1.

Name	Description	Date		Time
<b>Coping Skills</b>	Open to any patient experiencing distress (physical, emotional, mental) related to stress, anxiety, depression, health conditions, relationships or people just looking to increase or improve their coping and relaxations skills.	WED	12/4	12-2 PM
<b>Diabetes Skills and Basics</b>	Get the skills you need to manage your diabetes whether you are newly diagnosed or have had diabetes for a while.	MON	12/2	9-10:30 AM
		WED	12/11	3-4:30 PM
		FRI	12/20	9-10:30 AM
		THU	12/26	3-4:30 PM
<b>Exercise is Medicine</b>	Move more and sit less in everyday life. Learn to build a well-balance structured exercise plan and the tools to successfully carry out your plan.	THU	12/19	1-2 PM
<b>Get Your Plate in Shape</b>	Harness the power of food. Mediterranean, Plant-Based, Low Carb, Paleo or Keto.	TUE	12/17	9-10:30 AM
<b>Healthy Kids, Healthy Families - Ages 7-11</b>	Healthy habits begin at home. Get eating and meal tips to improve health and energy.	TUE	12/10	3:30-4:30 PM
<b>Healthy Teens, Healthy Families - Ages 12-18</b>	Healthy habits begin at home. Get eating and meal tips to improve health and energy.	THU	12/19	3:30-4:30 PM
<b>Improve Your Sleep</b>	This class is designed to enhance sleep quality for individuals experiencing primary insomnia.	THU	12/5	12:30-2 PM
<b>Living Well with Diabetes* ♦ (2-part series)</b>	This class is for those who have taken the Diabetes Skills and Basics class. Learn tools and tips to eat healthy, stay active, check blood sugar and take medications.	WED	12/11 & 12/18	12-1:30 PM
<b>Making Peace with Food ♦ (4-part series)</b>	Build a healthy relationship with your mind, body and food in a safe, non-judgmental space. Build resilience, confidence and learn healthy eating behaviors in this 4-part series.	MON	12/2 to 12/23	5-6 PM
<b>Stop Prediabetes in its Tracks</b>	Take the first steps to lower your risk of developing diabetes.	THU	12/12	9-10:30 AM
<b>Taking Care of Your Heart</b>	Learn how nutrition, physical activity and taking medications can help make your heart healthier.	WED	12/4	12-1:30 PM
<b>Viva Veggies - Introduction to a Plant Strong Diet</b>	Learn about plant-strong eating and how it can improve your health and sense of wellbeing.	THU	12/5	9:30-11 AM
		TUE	12/10	11:30 AM-1 PM
<b>Viva Veggies 2*</b>	This class is for those who have taken the Viva Veggies Introduction. Dive a little deeper to improve your understanding and build more skills to sustain a whole food-plant based lifestyle.	MON	12/30	3-4:30 PM
<b>Weight Management Information Session</b>	This is class is for those who you are interested in anti-obesity medication and/or bariatric surgery. Learn about Kaiser Permanente's weight management resources and programs.	Weekly		See back page for times.



Scan the QR code to download a copy of the **December 2024** class flyer or visit <https://kpinhawaii.org/our-services>

# DECEMBER 2024 - Lifestyle Medicine Online Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>Diabetes Skills &amp; Basics</b> 9-10:30 AM	<b>3</b> <b>Weight Management Information Session</b> 5-6 PM	<b>4</b> <b>Taking Care of Your Heart</b> 12-1:30 PM	<b>5</b> <b>Viva Veggies</b> 9:30-11 AM	<b>6</b> <b>Weight Management Information Session</b> 9-10 AM
<b>Weight Management Information Session</b> 12-1 PM		<b>Coping Skills</b> 12-2 PM	<b>Improve Your Sleep</b> 12:30-2 PM	
<b>Making Peace with Food - Class #1</b> 5-6 PM		<b>Weight Management Information Session</b> 5-6 PM		
<b>9</b> <b>Making Peace with Food - Class #2</b> 5-6 PM	<b>10</b> <b>Viva Veggies</b> 11:30 AM-1 PM	<b>11</b> <b>Living Well with Diabetes, Part 1</b> 12-1:30 PM	<b>12</b> <b>Stop Prediabetes in its Tracks</b> 9-10:30 AM	<b>13</b> <b>Weight Management Information Session</b> 9-10 AM
	<b>Healthy Kids, Ages 7-11</b> 3:30-4:30 PM	<b>Weight Management Information Session</b> 2-3 PM	<b>Stress Support Group</b> 12-1 PM	
	<b>Weight Management Information Session</b> 5-6 PM	<b>Diabetes Skills &amp; Basics</b> 3-4:30 PM		
<b>16</b> <b>Weight Management Information Session</b> 12-1 PM	<b>17</b> <b>Get Your Plate in Shape</b> 9-10:30 AM	<b>18</b> <b>Living Well with Diabetes, Part 2</b> 9-10:30 AM	<b>19</b> <b>Exercise is Medicine</b> 1-2 PM	<b>20</b> <b>Diabetes Skills &amp; Basics</b> 9-10:30 AM
<b>Making Peace with Food - Class #3</b> 5-6 PM		<b>Weight Management Information Session</b> 5-6 PM	<b>Healthy Teens, Ages 12-18</b> 3:30-4:30 PM	<b>Weight Management Information Session</b> 9-10 AM
<b>23</b> <b>Making Peace with Food - Class #4</b> 5-6 PM	<b>24</b> <b>Christmas Eve</b>	<b>25</b> <b>Christmas Day</b>	<b>26</b> <b>Diabetes Skills &amp; Basics</b> 3-4:30 PM	<b>27</b> <b>Weight Management Information Session</b> 9-10 AM
<b>30</b> <b>Viva Veggies 2</b> 3-4:30 PM	<b>31</b> <b>New Year's Eve</b>			

For more information on the following programs, call the Center for Healthy Living at 808-432-2260.

<b>HALT - Health Achieved Through Lifestyle Transformation</b>	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. A Wellness Coach assessment is required to determine program eligibility.
<b>Healthy Balance</b>	A one-year weight management and diabetes prevention program that promotes healthy eating and getting active.
<b>Stress Support Group</b>	Manage stress with others in a caring and supportive space. Each session will start off with a brief description of the effects of stress physiologically, mentally and emotionally.

Scan the QR code below to watch the Lifestyle Medicine overview video.



Scan the QR code below for Behavioral Health virtual classes or visit <https://webinars.on24.com/fehbp/Classes>

