

LIFESTYLE MEDICINE

February 2026 - Online Class Schedule



CENTER FOR
HEALTHY LIVING

KAISER PERMANENTE®

To register: Call **808-432-2260** (TTY **711**) or log into your KP.ORG account>select Appointments>Lifestyle Medicine Classes. All classes are no charge to participants. *Class cannot be booked on kp.org. ♦ Must start series with class #1.

Name	Description	Date		Time
Coping Skills	For anyone with distress related to stress, anxiety, depression, health conditions, relationships or wanting to improve their coping and relaxations skills.	WED	2/4	12:30-2 PM
Culinary Medicine* (Open to the community)	Inspiring cooking demonstration using plant-based recipes that will satisfy your taste buds conducted by Chef Alyssa Moreau and our Wellness Coaches.	THU	2/26	5-6 PM
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.	TUE	2/3	9-10:30 AM
		WED	2/11	5-6:30 PM
		THU	2/19	9-10:30 AM
		TUE	2/24	3-4:30 PM
Exercise is Medicine	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	2/19	12:30-2 PM
Get Your Plate in Shape	Harness the power of food. Mediterranean, Plant-Based, Low Carb, Paleo or Keto.	TUE	2/10	9-10:30 AM
		THU	2/26	1-2:30 PM
Healthy Teens (Ages 12-18)	Interactive group wellness sessions teens on self-care, nutrition, exercise and sleep. Register for 16 session series or individual sessions.	WED	Weekly	3:30-4 PM
Improve Your Sleep	This class is designed to enhance sleep quality for individuals experiencing primary insomnia	THU	2/5	12:30-2 PM
Making Peace with Food (8-part series)	Improve your relationship with your mind, body, food in a safe and non-judgmental space.	MON	Weekly	5-6 PM
Stop Prediabetes in its Tracks	Take the first steps to lower your risk of developing diabetes.	THU	2/12	9-10:30 AM
Stress Support Group*	Each session will start off with a brief description of the effect of stress physiologically, mentally and emotionally.	THU	2/12	12-1 PM
Taking Care of Your Heart (2-part series) ♦	Learn how nutrition, physical activity and taking medications can help make your heart healthier.	TUE	2/17 & 2/24	12-2 PM
Thriving in Change: Menopause Explained (2-part series) ♦	This class provides an overview of perimenopause, menopause, and post menopause. We will review common symptoms, management strategies and overall wellness tips for thriving during this life change.	TUE	2/3 & 2/10	4:30-6 PM
Viva Veggies - Introduction to a Plant Strong Diet	Learn about plant-strong eating and how it can improve your health and sense of wellbeing.	THU	2/5	9:30-11 AM
		WED	2/18	1-2:30 PM
Weight Management Information Session	This class is for those who are interested in anti-obesity medication and/or bariatric surgery. Learn about Kaiser Permanente's weight management resources and programs.	Weekly		See the back page for dates and times.

Scan the QR code to download a copy of the **FEB 2026** class flyer or visit <https://kpinhawaii.org/centerforhealthyliving>



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



This program is open to all eligible patients regardless of race, sex, or other protected personal characteristics.

FEBRUARY 2026 - Lifestyle Medicine Online Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
2 Making Peace with Food 5-6 PM	3 Diabetes Skills & Basics 9-10:30 AM	4 Coping Skills 12:30-2 PM	5 Viva Veggies 9:30-11 AM	6 Weight Management Information Session 9-10 AM
	Thriving in Change: Menopause Explained Class #1 4:30-6 PM	Healthy Teens, Ages 12-18 3:30-4 PM	Weight Management Information Session 11:30 AM-12:30 PM	
		Weight Management Information Session 5-6 PM	Improve Your Sleep 12:30-2 PM	
9 Making Peace with Food 5-6 PM	10 Get Your Plate in Shape 9-10:30 AM	11 Weight Management Information Session 2-3 PM	12 Stop Prediabetes in its Tracks 9-10:30 AM	13 Weight Management Information Session 9-10 AM
	Thriving in Change: Menopause Explained Class #2 4:30-6 PM	Healthy Teens, Ages 12-18 3:30-4 PM	Stress Support Group 12-1 PM	
		Diabetes Skills & Basics 5-6:30 PM		
16 President's Day Clinics Closed	17 Taking Care of Your Heart - Class #1 12-2 PM	18 Viva Veggies 1-2:30 PM	19 Diabetes Skills & Basics 9-10:30 AM	20 Weight Management Information Session 9-10 AM
		Healthy Teens, Ages 12-18 3:30-4 PM	Weight Management Information Session 11:30 AM-12:30 PM	
		Weight Management Information Session 5-6 PM	Exercise is Medicine 12:30-2 PM	
23 Making Peace with Food 5-6 PM	24 Taking Care of Your Heart - Class #2 12-2 PM	25 Weight Management Information Session 2-3 PM	26 Weight Management Information Session 11:30 AM-12:30 PM	27 Weight Management Information Session 9-10 AM
	Diabetes Skills & Basics 3-4:30 PM	Healthy Teens, Ages 12-18 3:30-4 PM	Get Your Plate in Shape 1-2:30 PM	
			Culinary Medicine 5-6 PM	

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

HALT - Health Achieved Through Lifestyle Transformation	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.
Healthy Balance	A one-year weight management and diabetes prevention program that promotes healthy eating and getting active.
Registered Dietitians and Wellness Coach	Our Registered Dietitians and Wellness Coaches are available for 1:1 telephone session to support your lifestyle behavior changes.

This program is open to all eligible patients regardless of race, sex, or other protected personal characteristics.