

# LIFESTYLE MEDICINE

## January 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
<b>Coping Skills</b>	For anyone with distress related to stress, anxiety, depression, health conditions, relationships or wanting to improve their coping and relaxations skills.	WED	1/7	12:30-2 PM
<b>Culinary Medicine*</b> (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	1/22	5-6 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.	FRI	1/9	9-10:30 AM
		WED	1/14	5-6:30 PM
		THU	1/22	9-10:30 AM
		TUE	1/27	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	1/15	12:30-2 PM
<b>Get Your Plate in Shape</b>	Harness the power of food. Mediterranean, Plant-Based, Low Carb, Paleo or Keto.	TUE	1/13	9-10:30 AM
		THU	1/29	12-1:30 PM
<b>Healthy Teens - Ages 12-18</b>	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
<b>Making Peace with Food♦ (8-part series)</b>	Improve your relationship with food, body image and self-care in a safe, non-judgmental space.	MON	Weekly	5-6 PM
<b>Stop Prediabetes in its Tracks</b>	Take the first steps to lower your risk of developing diabetes.	THU	1/15	3-4:30 PM
<b>Stress Support Group*</b>	Each session will start off with a brief description of the effect of stress physiologically, mentally and emotionally.	THU	1/8	12-1 PM
<b>Taking Care of Your Heart</b>	Learn how nutrition, physical activity and taking medications can help make your heart healthier.	THU	1/8	9-10:30 AM
<b>Thriving in Change: Menopause Explained (2-part series) ♦</b>	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	1/6 & 1/13	4:30-6 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	1/8	9:30-11 AM
		THU	1/22	1-2:30 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 the back page for dates and times.

Scan the QR code to download a copy of the **JAN 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.

# JANUARY 2026 - Lifestyle Medicine Online Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> New Year's Day Clinics Closed	<b>2</b>
<b>5</b> Weight Management Information Session 12-1 PM	<b>6</b> Thriving in Change: Menopause Explained Class #1 4:30-6 PM	<b>7</b> Coping Skills 12:30-2 PM	<b>8</b> Taking Care of Your Heart 9-10:30 AM	<b>9</b> Diabetes Skills & Basics 9-10:30 AM
Making Peace with Food - Class #1 5-6 PM		Healthy Teens, Ages 12-18 3:30-4 PM	Viva Veggies 9:30-11 AM	Weight Management Information Session 9-10 AM
		Weight Management Information Session 5-6 PM	Weight Management Information Session 11:30 AM-12:30 PM	
			Stress Support Group 12-1 PM	
<b>12</b> Making Peace with Food - Class #2 5-6 PM	<b>13</b> Get Your Plate in Shape 9-10:30 AM	<b>14</b> Weight Management Information Session 2-3 PM	<b>15</b> Exercise is Medicine 12:30-2 PM	<b>16</b>
	Thriving in Change: Menopause Explained Class #2 4:30-6 PM	Healthy Teens, Ages 12-18 3:30-4 PM	Stop Prediabetes in its Tracks 3-4:30 PM	
		Diabetes Skills & Basics 5-6:30 PM		
<b>19</b> Martin Luther King Day Clinics Closed	<b>20</b>	<b>21</b> Healthy Teens, Ages 12-18 3:30-4 PM	<b>22</b> Diabetes Skills & Basics 9-10:30 AM	<b>23</b> Weight Management Information Session 9-10 AM
		Weight Management Information Session 5-6 PM	Weight Management Information Session 11:30 AM-12:30 PM	
			Viva Veggies 1-2:30 PM	
			Culinary Medicine 5-6 PM	
<b>26</b> Making Peace with Food - Class #3 5-6 PM	<b>27</b> Diabetes Skills & Basics 3-4:30 PM	<b>28</b> Weight Management Information Session 2-3 PM	<b>29</b> Weight Management Information Session 11:30 AM-12:30 PM	<b>30</b> Weight Management Information Session 9-10 AM
		Healthy Teens, Ages 12-18 3:30-4 PM	Get Your Plate in Shape 12-1:30 PM	

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>Registered Dietitians and Wellness Coach</b>	Our Registered Dietitians and Wellness Coaches are available for 1:1 telephone session to support your lifestyle behavior changes.