

LIFESTYLE MEDICINE

January 2025 - 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
Coping Skills	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.	TUE	1/7	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	1/23	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.	FRI	1/3	9-10:30 AM
		TUE	1/7	3-4:30 PM
		WED	1/15	3-4:30 PM
		THU	1/23	9-10:30 AM
		WED	1/29	9-10:30 AM
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	1/23	1-2 PM
Get Your Plate in Shape	Harness the power of food. Mediterranean, Plant-Based, Low Carb, Paleo or Keto.	TUE	1/21	9-10:30 AM
Healthy Kids, Healthy Families - Ages 7-11	Healthy habits begin at home. Get eating and meal tips to improve health and energy.	TUE	1/14	3:30-4:30 PM
Healthy Teens, Healthy Families - Ages 12-18	Healthy habits begin at home. Get eating and meal tips to improve health and energy.	WED	1/22	3:30-4:30 PM
Living Well with Diabetes* ♦ (2-part series)	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	1/22 & 1/29	12-1:30 PM
Making Peace with Food ♦ (4-part series)	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	1/6 to 2/3	5-6 PM
Stop Prediabetes in its Tracks	Take the first steps to lower your risk of developing diabetes.	THU	1/16	3-4:30 PM
Stress Support Group	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.	THU	1/9	12-1 PM
Taking Care of Your Heart	Learn how nutrition, physical activity and taking medications can help make your heart healthier.	WED	1/8	9-10:30 AM
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	1/2	9:30-11 AM
		TUE	1/14	2:30-4 PM
Viva Veggies 2*	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.	TUE	1/28	9:30-11 AM
Weight Management Information Session	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 **January 2025** class flyer or visit <https://kpinhawaii.org/our-services>

JANUARY 2025 - Lifestyle Medicine Online Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
		1 New Year's Day Clinics Closed	2 Viva Veggies 9:30-11 AM	3 Diabetes Skills & Basics 9-10 AM
				Weight Management Information Session 9-10 AM
6 Weight Management Information Session 12-1 PM	7 Coping Skills 12:30-2 PM	8 Taking Care of Your Heart 9-10:30 AM	9 Stress Support Group 12-1 PM	10 Weight Management Information Session 9-10 AM
Making Peace with Food - Class #1 5-6 PM	Diabetes Skills & Basics 3-4:30 PM	Weight Management Information Session 5-6 PM		
	Weight Management Information Session 4-5 PM			
13 Making Peace with Food - Class #2 5-6 PM	14 Viva Veggies 2:30-4 PM	15 Weight Management Information Session 2-3 PM	16 Stop Prediabetes in its Tracks 3-4:30 PM	17 Weight Management Information Session 9-10 AM
	Healthy Kids, Ages 7-11 3:30-4:30 PM	Diabetes Skills & Basics 3-4:30 PM		
	Weight Management Information Session 4-5 PM			
20 Martin Luther King Day Clinics Closed	21 Get Your Plate in Shape 9-10:30 AM	22 Living Well with Diabetes, Part 1 12-1:30 PM	23 Diabetes Skills & Basics 9-10 AM	24 Weight Management Information Session 9-10 AM
		Healthy Teens, Ages 12-18 3:30-4:30 PM	Exercise is Medicine 1-2 PM	
		Weight Management Information Session 5-6 PM	Culinary Medicine 5-6 PM	
27 Making Peace with Food - Class #3 5-6 PM	28 Viva Veggies 2 9:30-11 AM	29 Diabetes Skills & Basics 9-10 AM	30	31 Weight Management Information Session 9-10 AM
	Weight Management Information Session 4-5 PM	Living Well with Diabetes, Part 2 12-1:30 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.

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



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

