

LIFESTYLE MEDICINE

July 2025 - 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 | 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 | 7/2 | 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 | 7/24 | 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 | 7/1 | 3-4:30 PM |
| | | FRI | 7/11 | 9-10:30 AM |
| | | WED | 7/16 | 3-4:30 PM |
| | | THU | 7/24 | 9-10:30 AM |
| | | MON | 7/28 | 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. | TUE | 7/15 | 5-6 PM |
| | | THU | 7/17 | 1-2 PM |
| Get Your Plate in Shape | Harness the power of food. Mediterranean, Plant-Based, Low Carb, Paleo or Keto. | TUE | 7/15 | 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 | 7/8 | 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 | 7/16 | 3:30-4:30 PM |
| Improve Your Sleep | This class is designed to enhance sleep quality for individuals experiencing primary insomnia. | THU | 7/3 | 12:30-2 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 | 7/2 & 7/9 | 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 | 7/7 to 7/28 | 5-6 PM |
| Stop Prediabetes in its Tracks | Take the first steps to lower your risk of developing diabetes. | THU | 7/10 | 3-4:30 PM |
| Stress Support Group* | Each session will start off with a brief description of the effects of stress physiologically, mentally and emotionally. | THU | 7/10 | 12-1 PM |
| Taking Care of Your Heart | Learn how nutrition, physical activity and taking medications can help make your heart healthier. | WED | 7/30 | 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 | 7/3 | 9:30-11 AM |
| | | WED | 7/23 | 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 | 7/29 | 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 the back page for dates and times. |

JULY 2025 - Lifestyle Medicine Online Class Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| | 1 Diabetes Skills & Basics 3-4:30 PM | 2 Living Well with Diabetes, Part 1 12-1:30 PM Coping Skills 12:30-2 PM | 3 Viva Veggies 9:30-11 AM | 4 Independence Day Clinics Closed |
| | | | | |
| | Weight Management Information Session 4-5 PM | Weight Management Information Session 2-3 PM | Improve Your Sleep 12:30-2 PM | |
| 7 Weight Management Information Session 12-1 PM Making Peace with Food - Class #1 5-6 PM | 8 Healthy Kids, Ages 7-11 3:30-4:30 PM | 9 Living Well with Diabetes, Part 2 12-1:30 PM | 10 Stress Support Group 12-1 PM | 11 Diabetes Skills & Basics 9-10:30 AM |
| | Weight Management Information Session 4-5 PM | Weight Management Information Session 5-6 PM | Stop Prediabetes in its Tracks 3-4:30 PM | Weight Management Information Session 9-10 AM |
| 14 Making Peace with Food - Class #2 5-6 PM | 15 Get Your Plate in Shape 9-10:30 AM | 16 Weight Management Information Session 2-3 PM | 17 Exercise is Medicine 1-2 PM | 18 Weight Management Information Session 9-10 AM |
| | Exercise is Medicine 5-6 PM | Diabetes Skills & Basics 3-4:30 PM | | |
| | | Healthy Teens, Ages 12-18 3:30-4:30 PM | | |
| 21 Weight Management Information Session 12-1 PM Making Peace with Food - Class #3 5-6 PM | 22 Weight Management Information Session 4-5 PM | 23 Viva Veggies 2:30-4 PM | 24 Diabetes Skills & Basics 9-10:30 AM | 25 Weight Management Information Session 9-10 AM |
| | | Weight Management Information Session 5-6 PM | Culinary Medicine 5-6 PM | |
| 28 Diabetes Skills & Basics 3-4:30 PM Making Peace with Food - Class #4 5-6 PM | 29 Viva Veggies 2 9:30-11 AM | 30 Taking Care of Your Heart 9-10:30 AM | 31 | |
| | Weight Management Information Session 4-5 PM | | | |

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

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| 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 download a copy of the **July 2025** 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>



Got a picky eater?
Scan the QR code to learn more!



Scan the QR code to learn more about the **PEERS Clinic**.

