

LIFESTYLE MEDICINE

July 2026 – Online Class Schedule



CENTER FOR
HEALTHY LIVING

KAISER PERMANENTE

TO REGISTER: Call 808-432-2260 (TTY 711) or log into your KP.ORG > Appointments > Lifestyle Medicine Classes.



All classes are no charge. *Indicates class cannot be booked on kp.org. ◆Indicates must start with Class #1.

Visit our website at <https://kpinhawaii.org/centerforhealthyliving>

| 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 | 7/1 | 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 | 7/23 | 5-6 PM |
| Diabetes Skills and Basics | Whether you're newly diagnosed or have been living with diabetes for a while, e komo mai—you're welcome here. This class will help you better understand diabetes, learn what's happening in your body, and discover eating and lifestyle tips to help you feel your best. You'll receive a personalized meal plan and resources for ongoing support. | THU | 7/2 | 9-10:30 AM |
| | | WED | 7/8 | 5-6:30 PM |
| | | THU | 7/16 | 9-10:30 AM |
| | | FRI | 7/24 | 9-10:30 AM |
| | | TUE | 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. | THU | 7/16 | 12:30-2 PM |
| Get Your Plate in Shape | Join us for our nutrition bootcamp where we explore healthy eating patterns and review tools that can help you eat for your best health. | TUE | 7/14 | 9-10:30 AM |
| | | THU | 7/23 | 12-1:30 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 | 7/2 | 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 | 7/9 | 3-4:30 PM |
| Stress Support Group* | Each session will start off with a brief description of the effect of stress physiologically, mentally and emotionally. | THU | 7/9 | 12-1 PM |
| Taking Care of Your Heart (2-part series) ◆ | If you are at risk or have been diagnosed with high cholesterol, high blood pressure or heart disease, we can help you! This program starts with two virtual sessions that teach you how to practice healthier choices around nutrition, physical activity and medication followed by six wellness coaching calls to support you in maintaining healthier habits. | FRI | 7/10 & 7/17 | 9-11 AM |
| 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. | THU | 7/2 & 7/9 | 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 | 7/2 | 9:30-11 AM |
| | | WED | 7/22 | 12-1:30 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. |

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

JULY 2026 – Lifestyle Medicine Online Class Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | |
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| <p>Scan the QR code for Behavioral Health virtual classes or visit https://webinars.on24.com/fehbp/Classes</p>  |  | 1 Coping Skills 12:30-2 PM | 2 Diabetes Skills & Basics 9-10:30 AM | 3 | |
| | | Healthy Teens, Ages 12-18 3:30-4 PM | Viva Veggies 9:30-11 AM | Improve Your Sleep 12:30-2 PM | |
| | | | Thriving in Change: Menopause Explained Class #1 4:30-6 PM | | |
| 6 Weight Management Information Session 12-1 PM Making Peace with Food 5-6 PM | 7 | 8 Healthy Teens, Ages 12-18 3:30-4 PM Diabetes Skills & Basics 5-6:30 PM | 9 Weight Management Information Session 11:30 AM-12:30 PM Stress Support Group 12-1 PM Stop Prediabetes in its Tracks 3-4:30 PM Thriving in Change: Menopause Explained Class #2 4:30-6 PM | 10 Taking Care of Your Heart Class #1 9-11 AM Weight Management Information Session 9-10 AM | |
| 13 Making Peace with Food 5-6 PM | 14 Get Your Plate in Shape 9-10:30 AM | 15 Healthy Teens, Ages 12-18 3:30-4 PM | 16 Diabetes Skills & Basics 9-10:30 AM Exercise is Medicine 12:30-2 PM Weight Management Information Session 5-6 PM | 17 Taking Care of Your Heart Class #2 9-11 AM Weight Management Information Session 9-10 AM | |
| 20 Weight Management Information Session 12-1 PM Making Peace with Food 5-6 PM | 21 | 22 Viva Veggies 12-1:30 PM Healthy Teens, Ages 12-18 3:30-4 PM | 23 Weight Management Information Session 11:30 AM-12:30 PM Get Your Plate in Shape 12-1:30 PM Culinary Medicine 5-6 PM | 24 Diabetes Skills & Basics 9-10:30 AM Weight Management Information Session 9-10 AM | |
| 27 Making Peace with Food 5-6 PM | 28 Diabetes Skills & Basics 3-4:30 PM | 29 Healthy Teens, Ages 12-18 3:30-4 PM | 30 Weight Management Information Session 11:30 AM-12:30 PM | 31 Weight Management Information Session 9-10 AM | |

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

HALT – Health Achieved Through Lifestyle Transformation

This 24-session whole-food plant-based program is designed to prevent, treat, and reverse chronic diseases like diabetes, heart disease, and excess weight. The HALT Team will help you make small changes towards reaching your health goals.

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.



Scan the QR code above to download this calendar.