

# LIFESTYLE MEDICINE

June 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
<b>Aging with Grace*</b>	Improve and maintain your well-being as you age. Learn strategies for fall prevention, staying mentally fit, improving bladder health and more.	MON	6/2	10-11 AM
<b>Coping Skills</b>	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	6/4	12:30-2 PM
		TUE	6/24	5-6:30 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	6/26	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	6/6	9-10:30 AM
		THU	6/12	9-10:30 AM
		WED	6/18	3-4:30 PM
		TUE	6/24	9-10:30 AM
<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	6/19	1-2 PM
<b>Get Your Plate in Shape</b>	Harness the power of food. Mediterranean, Plant-Based, Low Carb, Paleo or Keto.	TUE	6/17	9-10:30 AM
<b>Healthy Kids, Healthy Families - Ages 7-11</b>	Healthy habits begin at home. Get eating and meal tips to improve health and energy.	WED	6/25	3:30-4:30 PM
<b>Healthy Teens, Healthy Families - Ages 12-18</b>	Healthy habits begin at home. Get eating and meal tips to improve health and energy.	TUE	6/10	3:30-4:30 PM
<b>Improve Your Sleep</b>	This class is designed to enhance sleep quality for individuals experiencing primary insomnia.	THU	6/5	12:30-2 PM
<b>Living Well with Diabetes* ♦ (2-part series)</b>	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	6/18 & 6/25	9-10:30 AM
<b>Stop Prediabetes in its Tracks</b>	Take the first steps to lower your risk of developing diabetes.	THU	6/12	9-10:30 AM
<b>Stress Support Group*</b>	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	6/12	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	6/19	12-1:30 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	6/5	9:30-11 AM
		TUE	6/17	2:30-4 PM
<b>Viva Veggies 2*</b>	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	6/24	5-6:30 PM
<b>Weight Management Information Session</b>	This class is for those who are interested in weight loss medication and/or bariatric surgery. Learn about Kaiser Permanente's weight management resources and programs.	Weekly		See the back page for dates and times.

# JUNE 2025 - Lifestyle Medicine Online Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>Aging with Grace</b> 10-11 AM <b>Weight Management Information Session</b> 12-1 PM <b>Making Peace with Food - Class #1</b> 5-6 PM	<b>3</b> <b>Weight Management Information Session</b> 4-5 PM	<b>4</b> <b>Coping Skills</b> 12:30-2 PM	<b>5</b> <b>Viva Veggies</b> 9:30-11 AM <b>Improve Your Sleep</b> 12:30-2 PM	<b>6</b> <b>Diabetes Skills &amp; Basics</b> 9-10:30 AM <b>Weight Management Information Session</b> 9-10 AM
<b>9</b> <b>Making Peace with Food - Class #2</b> 5-6 PM	<b>10</b> <b>Healthy Teens, Ages 12-18</b> 3:30-4:30 PM	<b>11</b>	<b>12</b> <b>Diabetes Skills &amp; Basics</b> 9-10:30 AM <b>Stop Prediabetes in its Tracks</b> 9-10:30 AM <b>Stress Support Group</b> 12-1 PM	<b>13</b> <b>Weight Management Information Session</b> 9-10 AM
<b>16</b> <b>Weight Management Information Session</b> 12-1 PM <b>Making Peace with Food - Class #3</b> 5-6 PM	<b>17</b> <b>Get Your Plate in Shape</b> 9-10:30 AM <b>Viva Veggies</b> 2:30-4 PM	<b>18</b> <b>Living Well with Diabetes, Part 1</b> 9-10:30 AM <b>Weight Management Information Session</b> 2-3 PM <b>Diabetes Skills &amp; Basics</b> 3-4:30 PM	<b>19</b> <b>Taking Care of Your Heart</b> 12-1:30 PM <b>Exercise is Medicine</b> 1-2 PM	<b>20</b> <b>Weight Management Information Session</b> 9-10 AM
<b>23</b> <b>Making Peace with Food - Class #4</b> 5-6 PM	<b>24</b> <b>Diabetes Skills &amp; Basics</b> 9-10:30 AM <b>Weight Management Information Session</b> 4-5 PM <b>Coping Skills</b> 5-6:30 PM <b>Viva Veggies 2</b> 5-6:30 PM	<b>25</b> <b>Living Well with Diabetes, Part 2</b> 9-10:30 AM <b>Healthy Kids, Ages 7-11</b> 3:30-4:30 PM <b>Weight Management Information Session</b> 5-6 PM	<b>26</b> <b>Culinary Medicine</b> 5-6 PM	<b>27</b>
<b>30</b> <b>Weight Management Information Session</b> 12-1 PM			Scan the QR code for Behavioral Health virtual classes or visit <a href="https://webinars.on24.com/fehbp/Classes">https://webinars.on24.com/fehbp/Classes</a>	

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.

Scan the QR code to download a copy of the **June 2025** class flyer or visit <https://kpinhawaii.org/centerforhealthyliving>



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



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

