

# LIFESTYLE MEDICINE

## March 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	3/4	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	3/19	5-6 PM
<b>Diabetes Skills and Basics</b>	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.	FRI	3/6	9-10:30 AM
		WED	3/11	5-6:30 PM
		THU	3/19	9-10:30 AM
		TUE	3/24	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	3/19	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	3/10	9-10:30 AM
		TUE	3/24	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>Improve Your Sleep</b>	This class is designed to enhance sleep quality for individuals experiencing primary insomnia	THU	3/5	12:30-2 PM
<b>Making Peace with Food (8-part series)</b>	Improve your relationship with your mind, body, food in a safe and 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	3/12	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	3/12	12-1 PM
<b>Taking Care of Your Heart (2-part series) ♦</b>	Learn how nutrition, physical activity and taking medications can help make your heart healthier.	TUE	3/12 & 3/19	9-11 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	3/3 & 3/10	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	3/5	9:30-11 AM
		THU	3/19	12:30-2 PM
<b>Weight Management Information Session</b>	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.

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

# MARCH 2026 - Lifestyle Medicine Online Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>Weight Management Information Session</b> 12-1 PM	<b>3</b> <b>Thriving in Change: Menopause Explained Class #1</b> 4:30-6 PM	<b>4</b> <b>Coping Skills</b> 12:30-2 PM	<b>5</b> <b>Viva Veggies</b> 9:30-11 AM	<b>6</b> <b>Diabetes Skills &amp; Basics</b> 9-10:30 AM
<b>Making Peace with Food</b> 5-6 PM		<b>Healthy Teens, Ages 12-18</b> 3:30-4 PM	<b>Weight Management Information Session</b> 11:30 AM-12:30 PM	<b>Weight Management Information Session</b> 9-10 AM
		<b>Weight Management Information Session</b> 5-6 PM	<b>Improve Your Sleep</b> 12:30-2 PM	
<b>9</b> <b>Making Peace with Food</b> 5-6 PM	<b>10</b> <b>Get Your Plate in Shape</b> 9-10:30 AM	<b>11</b> <b>Weight Management Information Session</b> 2-3 PM	<b>12</b> <b>Taking Care of Your Heart - Class #1</b> 9-11 AM	<b>13</b> <b>Weight Management Information Session</b> 9-10 AM
	<b>Thriving in Change: Menopause Explained Class #2</b> 4:30-6 PM	<b>Healthy Teens, Ages 12-18</b> 3:30-4 PM	<b>Stress Support Group</b> 12-1 PM	
		<b>Diabetes Skills &amp; Basics</b> 5-6:30 PM	<b>Stop Prediabetes in its Tracks</b> 3-4:30 PM	
<b>16</b> <b>Weight Management Information Session</b> 12-1 PM	<b>17</b>	<b>18</b> <b>Healthy Teens, Ages 12-18</b> 3:30-4 PM	<b>19</b> <b>Taking Care of Your Heart - Class #2</b> 9-11 AM	<b>20</b> <b>Weight Management Information Session</b> 9-10 AM
			<b>Diabetes Skills &amp; Basics</b> 9-10:30 AM	
			<b>Weight Management Information Session</b> 11:30 AM-12:30 PM	
			<b>Exercise is Medicine</b> 12:30-2 PM	
			<b>Viva Veggies</b> 12:30-2 PM	
			<b>Culinary Medicine</b> 5-6 PM	
<b>23</b> <b>Making Peace with Food</b> 5-6 PM	<b>24</b> <b>Get Your Plate in Shape</b> 12-1:30 PM	<b>25</b> <b>Weight Management Information Session</b> 2-3 PM	<b>26</b> <b>Kuhio Day Clinics Closed</b>	<b>27</b> <b>Weight Management Information Session</b> 9-10 AM
	<b>Diabetes Skills &amp; Basics</b> 3-4:30 PM	<b>Healthy Teens, Ages 12-18</b> 3:30-4 PM		
<b>30</b> <b>Weight Management Information Session</b> 12-1 PM				
<b>Making Peace with Food</b> 5-6 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.
<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.

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