

LIFESTYLE MEDICINE

November 2024 - 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.	WED	11/6	12-2 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.	MON	11/25	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	11/1	9-10:30 AM
		TUE	11/5	3-4:30 PM
		WED	11/13	3-4:30 PM
		THU	11/21	9-10:30 AM
		TUE	11/26	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	11/21	1-2 PM
Get Your Plate in Shape	Harness the power of food. Mediterranean, Plant-Based, Low Carb, Paleo or Keto.	TUE	11/19	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.	THU	11/21	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.	TUE	11/5	3:30-4:30 PM
Improve Your Sleep	This class is designed to enhance sleep quality for individuals experiencing primary insomnia.	THU	11/7	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	11/20 & 11/27	9-10:30 AM
Stop Prediabetes in its Tracks	Take the first steps to lower your risk of developing diabetes.	THU	11/14	3-4:30 PM
Taking Care of Your Heart	Learn how nutrition, physical activity and taking medications can help make your heart healthier.	WED	11/6	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	11/7	9:30-11 AM
		MON	11/18	3-4:30 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	11/19	5-6:30 PM
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 **November 2024** class flyer or visit <https://kpinhawaii.org/our-services>

NOVEMBER 2024 - Lifestyle Medicine Online Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Diabetes Skills & Basics 9-10 AM
4	5 Diabetes Skills & Basics 3-4:30 PM	6 Taking Care of Your Heart 9-10:30 AM	7 Viva Veggies 9:30-11 AM	8 Weight Management Information Session 9-10 AM
	Healthy Teens, Ages 12-18 3:30-4:30 PM	Coping Skills 12-2 PM	Improve Your Sleep 12:30-2 PM	
	Weight Management Information Session 5-6 PM	Weight Management Information Session 5-6 PM		
11	12 Weight Management Information Session 5-6 PM	13 Weight Management Information Session 2-3 PM	14 Stress Support Group 12-1 PM	15 Weight Management Information Session 9-10 AM
		Diabetes Skills & Basics 3-4:30 PM	Stop Prediabetes in its Tracks 3-4:30 PM	
18 Weight Management Information Session 12-1 PM	19 Get Your Plate in Shape 9-10:30 AM	20 Living Well with Diabetes, Part 1 9-10:30 AM	21 Diabetes Skills & Basics 9-10 AM	22 Weight Management Information Session 9-10 AM
Viva Veggies 3-4:30 PM	Viva Veggies 2 5-6:30 PM	Weight Management Information Session 5-6 PM	Exercise is Medicine 1-2 PM	
			Healthy Kids, Ages 7-11 3:30-4:30 PM	
25	26	27	28	29
Culinary Medicine 5-6 PM	Diabetes Skills & Basics 3-4:30 PM	Living Well with Diabetes, Part 2 9-10:30 AM		
	Weight Management Information Session 5-6 PM	Weight Management Information Session 2-3 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.
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.

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



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

