

LIFESTYLE MEDICINE

November 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	11/4	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	11/19	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 guide and resources for ongoing support.	FRI	11/6	9-10:30 AM
		TUE	11/10	5-6:30 PM
		THU	11/19	9-10:30 AM
		TUE	11/24	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	11/19	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	11/10	9-10:30 AM
		WED	11/25	12-1:30 PM
Healthy Keiki – Healthy 'Ohana (Ages 6-12)	This is a six-week program for parents and keiki age 6-12. Learn how to build healthy eating, movement, and sleep habits with the entire 'ohana.	TUE	11/3	4-5 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	11/5	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	11/12	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	11/12	12-1 PM
Taking Care of Your Heart (2-part series) ♦	At risk for heart disease, high blood pressure, or high cholesterol? Learn heart-healthy habits and practical strategies through two virtual classes and six wellness coaching calls.	FRI	11/6 & 11/13	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	11/5 & 11/12	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	11/5	9:30-11 AM
		THU	11/19	2-3:30 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.

NOVEMBER 2026 – Lifestyle Medicine Online Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
2 Weight Management Information Session 12-1 PM Making Peace with Food 5-6 PM	3 Healthy Keiki, Healthy 'Ohana, Ages 6-12 4-5 PM Weight Management Information Session 5-6 PM	4 Coping Skills 12:30-2 PM Healthy Teens, Ages 12-18 3:30-4 PM	5 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 Diabetes Skills & Basics 9-10:30 AM Taking Care of Your Heart – Class #1 9-11 AM Weight Management Information Session 9-10 AM
9 Making Peace with Food 5-6 PM	10 Get Your Plate in Shape 9-10:30 AM Diabetes Skills & Basics 5-6:30 PM Weight Management Information Session 5-6 PM	11	12 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	13 Taking Care of Your Heart – Class #2 9-11 AM Weight Management Information Session 9-10 AM
16 Weight Management Information Session 12-1 PM	17 Weight Management Information Session 5-6 PM	18 Healthy Teens, Ages 12-18 3:30-4 PM	19 Diabetes Skills & Basics 9-10:30 AM Exercise is Medicine 12:30-2 PM Viva Veggies 2-3:30 PM Culinary Medicine 5-6 PM	20 Weight Management Information Session 9-10 AM
23 Making Peace with Food 5-6 PM	24 Diabetes Skills & Basics 3-4:30 PM Weight Management Information Session 5-6 PM	25 Get Your Plate in Shape 12-1:30 PM Healthy Teens, Ages 12-18 3:30-4 PM	26	27
30 Weight Management Information Session 12-1 PM Making Peace with Food 5-6 PM	Scan the QR code for Behavioral Health virtual classes or visit https://webinars.on24.com/fehbp/Classes			

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

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