

LIFESTYLE MEDICINE

October 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
Coping Skills	For anyone with distress related to stress, anxiety, depression, health conditions, relationships or wanting to improve their coping and relaxations skills.	WED	10/1	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	10/23	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.	WED	10/1	5-6:30 PM
		FRI	10/10	9-10:30 AM
		THU	10/16	9-10:30 AM
		TUE	10/21	3-4:30 PM
		WED	10/29	9-10:30 AM
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.	WED	10/15	5-6 PM
		THU	10/16	1-2 PM
Get Your Plate in Shape	Harness the power of food. Mediterranean, Plant-Based, Low Carb, Paleo or Keto.	TUE	10/14	9-10:30 AM
		THU	10/30	12-1:30 PM
Healthy Kids, Healthy Families - Ages 7-11	Healthy habits begin at home. Get eating and meal tips to improve health and energy.	TUE	10/14	3:30-4:30 PM
Healthy Teens, Healthy Families - Ages 12-18	Interactive group wellness sessions for teens on self-care, nutrition, exercise and sleep. Register for complete 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	10/2	12:30-2 PM
Making Peace with Food♦ (4-part series)	Improve your relationship with food, body image and self-care in a safe, non-judgmental space.	MON	10/6 to 10/27	5-6 PM
Stop Prediabetes in its Tracks	Take the first steps to lower your risk of developing diabetes.	THU	10/9	9-10:30 AM
Stress Support Group*	Each session will start off with a brief description of the effects of stress physiologically, mentally and emotionally.	THU	10/9	12-1 PM
Taking Care of Your Heart	Learn how nutrition, physical activity and taking medications can help make your heart healthier.	THU	10/2	12-1:30 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	10/2	9:30-11 AM
		WED	10/22	12:30-2 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	10/28	9-10:30 AM
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.


Scan the QR code to download a copy of the **OCT 2025** 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>



OCTOBER 2025 - Lifestyle Medicine Online Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Got a picky eater? Scan the QR code to learn more!</p> 		<p>1 Coping Skills 12:30-2 PM</p> <p>Weight Management Information Session 2-3 PM</p> <p>Healthy Kids, Ages 12-18 3:30-4 PM</p> <p>Diabetes Skills & Basics 5-6:30 PM</p>	<p>2 Viva Veggies 9:30-11 AM</p> <p>Weight Management Information Session 11:30 AM-12:30 PM</p> <p>Taking Care of Your Heart 12-1:30 PM</p> <p>Improve Your Sleep 12:30-2 PM</p>	<p>3 Weight Management Information Session 9-10 AM</p>
<p>6 Weight Management Information Session 12-1 PM</p> <p>Making Peace with Food - Class #1 5-6 PM</p>	<p>7</p>	<p>8 Healthy Kids, Ages 12-18 3:30-4 PM</p>	<p>9 Stop Prediabetes in its Tracks 9-10:30 AM</p> <p>Stress Support Group 12-1 PM</p>	<p>10 Diabetes Skills & Basics 9-10:30 AM</p> <p>Weight Management Information Session 9-10 AM</p>
<p>13 Making Peace with Food - Class #2 5-6 PM</p>	<p>14 Weight Management Information Session 8:30-9:30 AM</p> <p>Get Your Plate in Shape 9-10:30 AM</p> <p>Healthy Kids, Ages 7-11 3:30-4:30 PM</p>	<p>15 Weight Management Information Session 2-3 PM</p> <p>Healthy Kids, Ages 12-18 3:30-4 PM</p> <p>Exercise is Medicine 5-6 PM</p>	<p>16 Diabetes Skills & Basics 9-10:30 AM</p> <p>Weight Management Information Session 11:30 AM-12:30 PM</p> <p>Exercise is Medicine 1-2 PM</p>	<p>17</p>
<p>20 Weight Management Information Session 12-1 PM</p> <p>Making Peace with Food - Class #3 5-6 PM</p>	<p>21 Weight Management Information Session 11:30 AM-12:30 PM</p> <p>Diabetes Skills & Basics 3-4:30 PM</p>	<p>22 Viva Veggies 12:30-2 PM</p> <p>Healthy Kids, Ages 12-18 3:30-4 PM</p> <p>Weight Management Information Session 5-6 PM</p>	<p>23 Culinary Medicine 5-6 PM</p>	<p>24 Weight Management Information Session 9-10 AM</p>
<p>27 Making Peace with Food - Class #4 5-6 PM</p>	<p>28 Viva Veggies 2 9-10:30 AM</p>	<p>29 Diabetes Skills & Basics 9-10:30 AM</p> <p>Healthy Kids, Ages 12-18 3:30-4 PM</p>	<p>30 Weight Management Information Session 11:30 AM-12:30 PM</p> <p>Get Your Plate in Shape 12-1:30 PM</p>	<p>31 Weight Management Information Session 9-10 AM</p>

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

HALT - Health Achieved through Lifestyle Transformation	This 24-session program focuses on transitioning to a plant-based diet and improving other areas of wellness like sleep, physical activity and stress management in a supportive virtual group setting. Enrollment is ongoing.
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.