

# 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
<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	10/1	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	10/23	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.	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
<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.	WED	10/15	5-6 PM
		THU	10/16	1-2 PM
<b>Get Your Plate in Shape</b>	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
<b>Healthy Kids, Healthy Families - Ages 7-11</b>	Healthy habits begin at home. Get eating and meal tips to improve health and energy.	TUE	10/14	3:30-4:30 PM
<b>Healthy Teens, Healthy Families - Ages 12-18</b>	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
<b>Improve Your Sleep</b>	This class is designed to enhance sleep quality for individuals experiencing primary insomnia.	THU	10/2	12:30-2 PM
<b>Making Peace with Food♦ (4-part series)</b>	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
<b>Stop Prediabetes in its Tracks</b>	Take the first steps to lower your risk of developing diabetes.	THU	10/9	9-10:30 AM
<b>Stress Support Group*</b>	Each session will start off with a brief description of the effects of stress physiologically, mentally and emotionally.	THU	10/9	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	10/2	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	10/2	9:30-11 AM
		WED	10/22	12:30-2 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	10/28	9-10:30 AM
<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 **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><b>Got a picky eater?</b> Scan the QR code to learn more!</p> 		<p><b>1</b> <b>Coping Skills</b> 12:30-2 PM</p> <p><b>Weight Management Information Session</b> 2-3 PM</p> <p><b>Healthy Teens, Ages 12-18</b> 3:30-4 PM</p> <p><b>Diabetes Skills &amp; Basics</b> 5-6:30 PM</p>	<p><b>2</b> <b>Viva Veggies</b> 9:30-11 AM</p> <p><b>Weight Management Information Session</b> 11:30 AM-12:30 PM</p> <p><b>Taking Care of Your Heart</b> 12-1:30 PM</p> <p><b>Improve Your Sleep</b> 12:30-2 PM</p>	<p><b>3</b> <b>Weight Management Information Session</b> 9-10 AM</p>
<p><b>6</b> <b>Weight Management Information Session</b> 12-1 PM</p> <p><b>Making Peace with Food - Class #1</b> 5-6 PM</p>	<p><b>7</b></p>	<p><b>8</b> <b>Healthy Teens, Ages 12-18</b> 3:30-4 PM</p>	<p><b>9</b> <b>Stop Prediabetes in its Tracks</b> 9-10:30 AM</p> <p><b>Stress Support Group</b> 12-1 PM</p>	<p><b>10</b> <b>Diabetes Skills &amp; Basics</b> 9-10:30 AM</p> <p><b>Weight Management Information Session</b> 9-10 AM</p>
<p><b>13</b> <b>Making Peace with Food - Class #2</b> 5-6 PM</p>	<p><b>14</b> <b>Weight Management Information Session</b> 8:30-9:30 AM</p> <p><b>Get Your Plate in Shape</b> 9-10:30 AM</p> <p><b>Healthy Kids, Ages 7-11</b> 3:30-4:30 PM</p>	<p><b>15</b> <b>Weight Management Information Session</b> 2-3 PM</p> <p><b>Healthy Teens, Ages 12-18</b> 3:30-4 PM</p> <p><b>Exercise is Medicine</b> 5-6 PM</p>	<p><b>16</b> <b>Diabetes Skills &amp; Basics</b> 9-10:30 AM</p> <p><b>Weight Management Information Session</b> 11:30 AM-12:30 PM</p> <p><b>Exercise is Medicine</b> 1-2 PM</p>	<p><b>17</b></p>
<p><b>20</b> <b>Weight Management Information Session</b> 12-1 PM</p> <p><b>Making Peace with Food - Class #3</b> 5-6 PM</p>	<p><b>21</b> <b>Weight Management Information Session</b> 11:30 AM-12:30 PM</p> <p><b>Diabetes Skills &amp; Basics</b> 3-4:30 PM</p>	<p><b>22</b> <b>Viva Veggies</b> 12:30-2 PM</p> <p><b>Healthy Teens, Ages 12-18</b> 3:30-4 PM</p> <p><b>Weight Management Information Session</b> 5-6 PM</p>	<p><b>23</b> <b>Culinary Medicine</b> 5-6 PM</p>	<p><b>24</b> <b>Weight Management Information Session</b> 9-10 AM</p>
<p><b>27</b> <b>Making Peace with Food - Class #4</b> 5-6 PM</p>	<p><b>28</b> <b>Viva Veggies 2</b> 9-10:30 AM</p>	<p><b>29</b> <b>Diabetes Skills &amp; Basics</b> 9-10:30 AM</p> <p><b>Healthy Teens, Ages 12-18</b> 3:30-4 PM</p>	<p><b>30</b> <b>Weight Management Information Session</b> 11:30 AM-12:30 PM</p> <p><b>Get Your Plate in Shape</b> 12-1:30 PM</p>	<p><b>31</b> <b>Weight Management Information Session</b> 9-10 AM</p>

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

<b>HALT - Health Achieved through Lifestyle Transformation</b>	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.
<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.