

# LIFESTYLE MEDICINE

DECEMBER 2023 - Online Class Schedule



CENTER FOR  
HEALTHY LIVING

KAISER PERMANENTE

To register: Call 808-432-2260 or log into your KP.ORG account. All classes are no charge to participants.

\*Class cannot be self-booked on kp.org.

Name	Description	Date		Time
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.	TUE	12/5	3-4:30 PM
		FRI	12/15	9-10:30 AM
		WED	12/20	3-4:30 PM
Exercise is Medicine*	Get the information you need to move more and sit less in everyday life. Learn how to build a well-balance structured exercise plan and the tools to successfully carry out your plan.	THU	12/21	1-2 PM
Get Your Plate in Shape	Learn to harness the power of food. Mediterranean, Plant-Based, Low Carb, Paleo or Keto? If you're hungry for more information, satisfy that craving with this class!	TUE	12/19	9-10:30 AM
Healthy Balance Orientation*	Learn more about Healthy Balance, a one-year weight management and diabetes prevention program that promotes healthy eating and getting active. Open to 18 years and older.	TUE	Weekly	12-1 PM
Healthy Kids, Healthy Families - Ages 7-11	Healthy habits begin at home. Get eating and meal tips to improve health and energy.	THU	12/28	9-10:30 AM
Healthy Teens, Healthy Families - Ages 12-18	Healthy habits begin at home. Get eating and meal tips to improve health and energy.	THU	12/28	3-4:30 PM
Improve Your Sleep*	This class is designed to enhance sleep quality for individuals experiencing primary insomnia.	THU	12/7	12:30-2 PM
Living Well with Diabetes* (2-part workshop)	Join this two-part interactive workshop to learn tools and tips to eat healthy, stay active, check your blood sugar and take medications.	TUE	12/12 Part 1	12-1:30 PM
			12/19 Part 2	
Stop Prediabetes in its Tracks	Take the first steps to lower your risk of developing diabetes.	TUE	12/5	9-10:30 AM
Taking Care of Your Heart	At risk for high cholesterol, high blood pressure, or heart disease? Learn how nutrition, physical activity and taking medications can help make your heart healthier.	WED	12/6	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	12/7	9:30-11 AM
		MON	12/11	3-4:30 PM
Viva Veggies 2*	This interactive class is for those who have taken the Intro to Viva Veggies class and want to dive a little deeper to improve their understanding and build more skills to sustain a whole food-plant based lifestyle.	WED	12/27	9-10:30 AM



Scan the QR code to download a copy of the December 2023 class flyer or visit <https://kpinhawaii.org/our-services>



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

## DECEMBER 2023 - Lifestyle Medicine Online Class Schedule

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

For more information on the following classes, call 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. A Wellness Coach assessment is required to determine program eligibility.
<b>Stress Support Group</b>	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.

To register for the following classes, call Integrated Behavioral Health at 808-432-7600.

Name	Description	Date		Time
<b>Coping Skills (2-part series)</b>	This class is 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	12/6 Part 1	12:30-2 PM
			12/13 Part 2	



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