

LIFESTYLE MEDICINE

JANUARY 2024 - 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
Culinary Medicine* (Open to the community)	Join Chef Alyssa Moreau and our Wellness Coaches for an inspiring cooking demonstration using plant-based recipes that will satisfy your taste buds!	MON	1/22	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	1/3	3-4:30 PM
		FRI	1/12	9-10:30 AM
		TUE	1/16	3-4:30 PM
		THU	1/25	9-10:30 AM
		WED	1/31	3-4:30 PM
Living Well with Diabetes* (2-part workshop)	This two-part interactive workshop is for those who have taken the Diabetes Skills and Basics class and want to learn tools and tips to eat healthy, stay active, check your blood sugar and take medications.	WED	1/17 Part 1	9-10:30 AM
			1/24 Part 2	
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	1/18	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	1/23	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.	TUE	1/9	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.	THU	1/25	3:30-4:30 PM
Making Peace with Food* (4-part workshop)	Learn how to build a healthy relationship with your mind, body and food in a safe and non-judgmental space. Build resilience, confidence, and learn healthy eating behaviors in a this series.	THU	1/11 to 2/1	2:30-3:30 PM
Stop Prediabetes in its Tracks	Take the first steps to lower your risk of developing diabetes.	TUE	1/9	3-4:30 PM
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	1/10	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	1/11	9-10:30 AM
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.	TUE	1/30	9-10:30 AM



Scan the QR code to download a copy of the **January 2024** class flyer or visit <https://kpinhawaii.org/our-services>



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

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Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year's Day Clinic Closed	2	3 Diabetes Skills & Basics 3-4:30 PM	4	5
8	9 Stop Prediabetes in its Tracks 3-4:30 PM	10 Taking Care of Your Heart 9-10:30 AM	11 Viva Veggies 9-10:30 AM	12 Diabetes Skills & Basics 9-10:30 AM
	Healthy Kids, Ages 7-11 3:30-4:30 PM		Stress Support Group 12-1 PM	
			Making Peace with Food 2:30-3:30 PM	
15 Martin Luther King Day Clinic Closed	16 Diabetes Skills & Basics 3-4:30 PM	17 Living Well with Diabetes 9-10:30 AM	18 Exercise is Medicine 1-2 PM	19
			Making Peace with Food 2:30-3:30 PM	
22 Culinary Medicine 5-6 PM	23 Get Your Plate in Shape 9-10:30 AM	24 Living Well with Diabetes 9-10:30 AM	25 Diabetes Skills & Basics 9-10:30 AM	26
			Making Peace with Food 2:30-3:30 PM	
			Healthy Teens, Ages 12-18 3:30-4:30 PM	
29	30 Viva Veggies 2 9-10:30 AM	31 Diabetes Skills & Basics 3-4:30 PM		

For more information on the following classes, call 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.
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 for Behavioral Health virtual classes or visit
<https://webinars.on24.com/fehbp/Classes>