

LIFESTYLE MEDICINE

NOVEMBER 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
Aging with Grace*	Improve and maintain your well-being as you age.	FRI 11/17	9-10 AM
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 11/27	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.	FRI 11/3	9-10:30 AM
		WED 11/8	3-4:30 PM
		TUE 11/21	3-4:30 PM
		THU 11/30	9-10:30 AM
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 11/16	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 the Get Your Plate in Shape class!	TUE 11/21	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.	TUE 11/7	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.	WED 11/29	3:30-4:30 PM
Improve Your Sleep*	This class is designed to enhance sleep quality for individuals experiencing primary insomnia.	THU 11/2	12:30-2 PM
Living Well with Diabetes* (2-part workshop)	Join our two-part interactive workshop to learn tools and tips to eat healthy, stay active, check your blood sugar and take medications.	MON 11/20 Part 1 11/27 Part 2	9-10:30 AM
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 this series.	THU 11/30 to 12/21	2:30-3:30 PM
Stop Prediabetes in its Tracks	Take the first steps to lower your risk of developing diabetes.	THU 11/9	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 11/8	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 11/2	9-10:30 AM
		TUE 11/14	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.	TUE 11/28	3-4:30 PM

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 Coping Skills, Part 1 12:30-2 PM	2 Viva Veggies 9-10:30 AM	3 Diabetes Skills & Basics 9-10:30 AM
			Improve Your Sleep 12:30-2 PM	
6	7 Healthy Balance Orientation 12-1 PM	8 Taking Care of Your Heart 12-1:30 PM	9 Stress Support Group 12-1 PM	10 Veteran's Day Clinics Closed
	Healthy Kids, Ages 7-11 3:30-4:30 PM	Coping Skills, Part 2 12:30-2 PM	Stop Prediabetes in its Tracks 3-4:30 PM	
		Diabetes Skills & Basics 3-4:30 PM		
13	14 Healthy Balance Orientation 12-1 PM	15	16 Exercise is Medicine 1-2 PM	17 Ageing with Grace 9-10 AM
	Viva Veggies 3-4:30 PM			
20 Living Well with Diabetes 9-10:30 AM	21 Get Your Plate in Shape 9-10:30 AM	22	23 Thanksgiving Day Clinics Closed	24 Day After Thanksgiving Clinics Closed
Culinary Medicine 5-6 PM	Healthy Balance Orientation 12-1 PM			
	Diabetes Skills & Basics 3-4:30 PM			
27 Living Well with Diabetes 9-10:30 AM	28 Healthy Balance Orientation 12-1 PM	29 Healthy Teens Ages 12-18 3:30-4:30 PM	30 Diabetes Skills & Basics 9-10:30 AM	
	Viva Veggies 2 3-4:30 PM		Making Peace with Food 2:30-3:30 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.

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

Name	Description	Date	Time
Coping Skills (2-part series)	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	11/1 Part 1
			11/8 Part 2
			12:30-2 PM



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



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