

LIFESTYLE MEDICINE

OCTOBER 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.

| 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 | 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 | 10/4 | 3-4:30 PM |
| | | FRI | 10/13 | 9-10:30 AM |
| | | TUE | 10/17 | 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 | 10/19 | 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 | 10/17 | 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. | THU | 10/12 | 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 | 10/26 | 3:30-4:30 PM |
| Improve Your Sleep* | This class is designed to enhance sleep quality for individuals experiencing primary insomnia. | THU | 10/5 | 12:30-2 PM |
| Making Peace with Food (4-part workshop)* | Learn how to build a healthy relationship with your mind, body and food by uncovering Cognitive Behavior Strengths through learning about Cognitive Behavior Therapy and Intuitive Eating while being supported in a safe and non-judgmental space. Build resilience, confidence and learn healthy eating behaviors in this 4-part workshop. | THU | 10/19 | 2:30-3:30 PM |
| | | | 10/26 | |
| | | | 11/2 | |
| | | | 11/9 | |
| Stop Prediabetes in its Tracks | Take the first steps to lower your risk of developing diabetes. | THU | 10/12 | 9-10:30 AM |
| Taking Care of Your Heart | If you have or are at risk for high cholesterol, high blood pressure, or heart disease, join this workshop to see how eating in a heart healthy way, physical activity and taking medications can help make your heart healthier. | WED | 10/11 | 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 | 10/5 | 9-10:30 AM |
| | | MON | 10/16 | 3-4:30 PM |
| Viva Veggies 2* | This 90-minute online 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 | 10/31 | 9-10:30 AM |

*Class cannot be self-booked on kp.org. Call 808-432-2260 to register.



SCAN ME

To download a copy of the **October 2023** class flyer or visit kpinhawaii.org/our-services.

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| 2 | 3 | 4 Coping Skills, Part 1 12:30-2 PM | 5 Viva Veggies 9-10:30 AM | 6 |
| | | Diabetes Skills & Basics 3-4:30 PM | Improve Your Sleep 12:30-2 PM | |
| 9 | 10 | 11 Taking Care of Your Heart 9-10:30 AM | 12 Stop Prediabetes in its Tracks 9-10:30 AM | 13 Diabetes Skills & Basics 9-10:30 AM |
| | | Coping Skills, Part 2 12:30-2 PM | Stress Support Group 12-1 PM | |
| | | | Healthy Kids, Ages 7-11 3:30-4:30 PM | |
| 16 Viva Veggies 3-4:30 PM | 17 Diabetes Skills & Basics 3-4:30 PM | 18 | 19 Exercise is Medicine 1-2 PM | 20 |
| | Get Your Plate in Shape 3-4:30 PM | | Making Peace with Food 2:30-3:30 PM | |
| 23 Culinary Medicine 5-6 PM | 24 | 25 | 26 Making Peace with Food 2:30-3:30 PM | 27 |
| | | | Healthy Teens Ages 12-18 3:30-4:30 PM | |
| 30 | 31 | | | |
| | Viva Veggies 2 9-10:30 AM | | | |

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

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| 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 class) | 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 | 10/4 Part 1 |
| | | | 10/11 Part 2 |



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