

# LIFESTYLE MEDICINE

## JANUARY 2022 - Online Class Schedule

To register: Call **808-432-2260** or visit **KP.ORG**.

Name	Description	Date		Time
<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.	THU	1/6	3-4:30 PM
		FRI	1/14	9-10:30 AM
		WED	1/19	3-4:30 PM
		TUE	1/25	9-10:30 AM
<b>Get Your Plate in Shape</b>	Mediterranean, low carb, plant based? Learn how foods can improve your health and which eating style may be most beneficial for your specific health condition(s).	THU	1/27	3-4:30 PM
<b>Healthy Balance Orientation (non-surgical weight management)</b>	Learn more about Healthy Balance, a one-year weight management and diabetes prevention program that promotes healthy eating and getting active.	TUE	Weekly	12-1 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.	THU	1/13	3:30-4:30 PM
<b>Healthy Teens, Healthy Families - Ages 12-18</b>	Healthy habits begin at home. Get eating and meal tips to improve health and energy.	WED	1/26	3:30-4:30 PM
<b>Options Information Session (surgical weight management)</b>	Attend this mandatory 60-minute information session to learn more about our bariatric surgery program.	THU	Weekly	10-11 AM
<b>Stop Prediabetes in its Tracks</b>	Take the first steps to lower your risk of developing diabetes.	WED	1/12	9-10:30 AM
<b>Taking Care of Your Heart (2-part series)</b>	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.	FRI	1/21 1/28	9-10:30 AM
<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	1/6	9-10:30 AM
		TUE	1/11	3-4:30 PM
<b>Viva Veggies 2</b>	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	1/25	3-4:30 PM

A Wellness Coach or Provider assessment is required to determine program eligibility for the following classes.

<b>Culinary Medicine</b>	If you are open to trying new foods and wanting to learn how to prepare easy and delicious recipes, this class led by a physician, chef, and health coaches may be for you.
<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.
<b>Malama Ola</b>	Do you have chronic pain? Come and meet the Malama Ola team and be part of a program centered around you. Get the education, training, and tools you need to improve your functioning, well-being, and health. To learn more or to register, please contact your Primary Care Provider.



SCAN ME

To download a copy of the **January 2022** class flyer!

[kp.org/healthyliving](https://kp.org/healthyliving)  
KPHI JAN2022

# JANUARY 2022 - Lifestyle Medicine Online Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b>
<b>3</b>	<b>4</b> <b>Healthy Balance Orientation</b> 12-1 PM	<b>5</b>	<b>6</b> <b>Viva Veggies</b> 9-10:30 AM	<b>7</b>	<b>8</b>
			<b>Options Information Session</b> 10-11AM		
			<b>Diabetes Skills &amp; Basics</b> 3-4:30 PM		
<b>10</b>	<b>11</b> <b>Healthy Balance Orientation</b> 12-1 PM	<b>12</b> <b>Stop Prediabetes in its Tracks</b> 9-10:30 AM	<b>13</b> <b>Options Information Session</b> 10-11AM	<b>14</b> <b>Diabetes Skills &amp; Basics</b> 9-10:30 AM	<b>15</b>
	<b>Viva Veggies</b> 3-4:30 PM		<b>Healthy Kids Ages 7-11</b> 3:30-4:30 PM		
<b>17</b> <b>Martin Lutheran King Clinic Closed</b>	<b>18</b> <b>Healthy Balance Orientation</b> 12-1 PM	<b>19</b> <b>Diabetes Skills &amp; Basics</b> 3-4:30 PM	<b>20</b> <b>Options Information Session</b> 10-11AM	<b>21</b> <b>Taking Care of Your Heart - Part 1</b> 9-10:30 AM	<b>22</b>
			<b>Options Information Session</b> 10-11AM		
<b>24</b>	<b>25</b> <b>Diabetes Skills &amp; Basics</b> 9-10:30 AM	<b>26</b> <b>Healthy Teens Ages 12-18</b> 3:30-4:30 PM	<b>27</b> <b>Options Information Session</b> 10-11AM	<b>28</b> <b>Taking Care of Your Heart - Part 2</b> 9-10:30 AM	<b>29</b>
	<b>Healthy Balance Orientation</b> 12-1 PM		<b>Get Your Plate in Shape</b> 3-4:30 PM		
	<b>Viva Veggies 2</b> 3-4:30 PM				
<b>31</b>					

