

# LIFESTYLE MEDICINE

## JANUARY 2023 – Online Class Schedule

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

Name of Class	Description	Date		Time
<b>Culinary Medicine*</b> (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	1/23	5-6 PM
<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.	WED	1/4	3-4:30 PM
		TUE	1/10	9-10:30 AM
		FRI	1/20	9-10:30 AM
		THU	1/26	3-4:30 PM
<b>Get Your Plate in Shape</b>	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!	WED	1/25	9-10:30 AM
<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. 18 years and older only.	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.	WED	1/18	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.	TUE	1/31	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	1/11	3-4:30 PM
<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.	THU	1/12 Part 1	9-10:30 AM
			1/19 Part 2	
<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	1/5	9-10:30 AM
		TUE	1/24	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.	MON	1/30	3-4:30 PM


\*Class cannot be self-booked on [kp.org](http://kp.org). Call 808-432-2260 to register.

[kp.org/healthyliving](http://kp.org/healthyliving)  
KPHI JAN2023



To download a copy of the **January 2023** class flyer!

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> New Year's Observed Clinics Closed	<b>3</b> Healthy Balance Orientation 12-1 PM	<b>4</b> Coping Skills, Part 1 12:30-2 PM	<b>5</b> Viva Veggies 9-10:30 AM	<b>6</b>
		Diabetes Skills & Basics 3-4:30 PM	Options Info Session 10-11 AM	
			Improve Your Sleep 12:30-2 PM	
<b>9</b>	<b>10</b> Diabetes Skills & Basics 9-10:30 AM	<b>11</b> Coping Skills, Part 2 12:30-2 PM	<b>12</b> Taking Care of Your Heart, Part 1 9-10:30 AM	<b>13</b>
	Healthy Balance Orientation 12-1 PM	Stop Prediabetes in its Tracks 3-4:30 PM	Options Info Session 10-11 AM	
<b>16</b> Martin Luther King Day Clinics Closed	<b>17</b> Healthy Balance Orientation 12-1 PM	<b>18</b> Healthy Kids, Ages 7-11 3:30-4:30 PM	<b>19</b> Taking Care of Your Heart, Part 2 9-10:30 AM	<b>20</b> Diabetes Skills & Basics 9-10:30 AM
			Options Info Session 10-11 AM	
<b>23</b> Culinary Medicine 5-6 PM	<b>24</b> Healthy Balance Orientation 12-1 PM	<b>25</b> Get Your Plate in Shape 3-4:30 PM	<b>26</b> Options Info Session 10-11 AM	<b>27</b>
	Viva Veggies 3-4:30 PM		Diabetes Skills & Basics 3-4:30 PM	
<b>30</b> Viva Veggies 2 3-4:30 PM	<b>31</b> Healthy Balance Orientation 12-1 PM		Regional Behavioral Health Virtual Classes: <a href="https://webinars.on24.com/fehbp/Classes">https://webinars.on24.com/fehbp/Classes</a>	
	Healthy Teens Ages 12-18 3:30-4:30 PM			

For more information on the following classes, call the 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 of Class	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	1/4 Part 1
			1/11 Part 2
<b>Improve Your Sleep</b>	This class is designed to enhance sleep quality for individuals experiencing primary insomnia.	THU	1/5