

LIFESTYLE MEDICINE

JULY 2021 - Online Class Schedule

To register: Call **808-432-2260** or visit **kp.org**.

Name	Description	Date		Time	
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	7/7	9-10:30 AM	
		FRI	7/16	9-10:30 AM	
		WED	7/21	3-4:30 PM	
		THU	7/29	9-10:30 AM	
Get Your Plate in Shape	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	7/8	9-10:30 AM	
		TUE	7/20	3-4:30 PM	
Healthy Balance Orientation (non-surgical weight management)	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	
Healthy Kids, Healthy Families - Ages 7-11	Healthy habits begin at home. Get eating and meal tips to improve health and energy.	THU	7/15	3:30-4:30 PM	
		TUE	7/27	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.	TUE	7/6	3:30-4:30 PM	
		THU	7/22	3:30-4:30 PM	
Options Information Session (surgical weight management)	Attend this mandatory 60-minute information session to learn more about our bariatric surgery program.	TUE	Weekly	11 AM - 12 PM	
Pregnancy and Healthy Living	This class is designed to help pregnant women make healthy lifestyle choices throughout their pregnancy and beyond birth.	WED	7/21	5:00-6:00 PM	
Senior Wellness	Learn healthy coping strategies in a group setting with peer support.	THU	7/1	10-11:30 AM	
SOAR - Seniors Online: Activities and Recreation	Kaiser Permanente is pleased to offer the following activities to engage Kupuna who may be isolated due to COVID restrictions	Chair Hawaiian Dance	WED	Weekly	10:30-11:30 AM
		Chair Yoga	FRI	Weekly	10:30-11:30 AM
Stop Prediabetes in its Tracks	Take the first steps to lower your risk of developing diabetes.	TUE	7/13	9-10:30 AM	
		WED	7/28	3-4:30 PM	
Taking Care of Your Heart (2-part series)	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	7/23 7/30	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	7/8	9-10:30 AM	
		MON	7/12	3-4:30 PM	
		THU	7/22	9-10:30 AM	
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.	MON	7/26	3-4:30 PM	



To **download** a copy of the **July 2021** class flyer!

kp.org/healthyliving
KPHI JULY2021

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Monday	Tuesday	Wednesday	Thursday	Friday
			1 Senior Wellness 10-11:30 AM	2
5 Independence Day Clinics Closed	6 Options Information Session 11 AM - 12 PM	7 Diabetes Skills and Basics 9-10:30 AM	8 Get Your Plate in Shape 9-10:30 AM	9 Chair Yoga 10:30-11:30 AM
	Healthy Balance Orientation 12-1 PM	Chair Hawaiian Dance 10:30-11:30 AM	Viva Veggies 9-10:30 AM	
	Healthy Teens Ages 12-18 3:30-4:30 PM			
12 Viva Veggies 3-4:30 PM	13 Stop Prediabetes in its Tracks 9-10:30 AM	14 Chair Hawaiian Dance 10:30-11:30 AM	15 Healthy Kids Ages 7-11 3:30-4:30 PM	16 Diabetes Skills and Basics 9-10:30 AM
	Options Information Session 11 AM - 12 PM			Chair Yoga 10:30-11:30 AM
	Healthy Balance Orientation 12-1 PM			
19	20 Options Information Session 11 AM - 12 PM	21 Chair Hawaiian Dance 10:30-11:30 AM	22 Viva Veggies 9-10:30 AM	23 Taking Care of Your Heart - Part 1 9-10:30 AM
	Healthy Balance Orientation 12-1 PM	Diabetes Skills & Basics 3-4:30 PM	Healthy Teens Ages 12-18 3:30-4:30 PM	Chair Yoga 10:30-11:30 AM
	Get Your Plate in Shape 3-4:30 PM	Pregnancy and Healthy Living 5-6 PM		
26 Viva Veggies 2 3-4:30 PM	27 Options Information Session 11 AM - 12 PM	28 Stop Prediabetes in its Tracks 3-4:30 PM	29 Diabetes Skills and Basics 9-10:30 AM	30 Taking Care of Your Heart - Part 2 9-10:30 AM
	Healthy Balance Orientation 12-1 PM			
	Healthy Kids Ages 7-11 3:30-4:30 PM			

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

Culinary Medicine	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.
Family Lifestyle Coaching Ages 7-16	Work with Wellness Coach over the phone or video to help create strategies for lifestyle changes regarding healthy eating, physical activity, quality sleep and stress management. Parent/guardian and child will collaborate with Wellness Coach to create a healthy, positive and sustainable change to help build healthy adults.
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.
Malama Ola	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.