



LIFESTYLE MEDICINE

MARCH 2021 - Online Class Schedule

To register: Call **808-432-2260** or ask for a **Wellness Coach** who can help identify the most appropriate class. You can also log into your **kp.org** account to schedule a telephone appointment with a wellness coach and/or registered dietitian or to register for a nutrition class.

Name	Description	Date		Time
Aging with Grace	Improve and maintain your well-being as you age.	TUE	3/9	9:30-11 AM
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.	TUE	3/2	3-4:30 PM
		FRI	3/12	9-10:30 AM
		WED	3/17	3-4:30 PM
		THU	3/25	9-10:30 AM
		WED	3/31	3-4:30PM
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).	WED	3/10	9-10:30 AM
		TUE	3/23	3-4:30 PM
Healthy Balance Orientation	Sixty-minute overview of obesity treatments and lifestyle medicine options - both non-surgical and surgical. Healthy Balance, our non-surgical program, is a twelve-month 16-session evidence-based series to help you make lifestyle changes to lose weight and lower your risk for diabetes and other health conditions.	TUE	Weekly	11:00 AM
		WED	Weekly	2:00 PM
Healthy Kids, Healthy Families - Ages 7-11	Healthy habits begin at home. Get eating and meal tips to improve health and energy.	THU	3/18	3-4 PM
Healthy Teens, Healthy Families - Ages 12-18	Healthy habits begin at home. Get eating and meal tips to improve health and energy.	THU	3/4	3-4 PM
		TUE	3/16	3-4 PM
Mobilizing Resources and Support	Going through cancer treatment can be tough. Identify the types of support you need - logistical, emotional, financial, or legal. Discover what community resources are available to you and your family.	SAT	3/6	9:30-11:30 AM
Pregnancy and Healthy Living	This class is designed to help pregnant women make healthy lifestyle choices throughout their pregnancy and beyond birth.	WED	3/17	5-6 PM
Senior Summit Seminar (Open to the community)	Making the Most of Your Medicare presented by Senior Medicare Patrol (SMP) Learn how to read your Medicare statements to make sure they are accurate. It is the best way to protect yourself against Medicare fraud, errors and abuse.	MON	3/8	10-11 AM
Senior Wellness	Learn healthy coping strategies in a group setting with peer support.	THU	3/4	10-11:30 AM
Stop Prediabetes in its Tracks	Take the first steps to lower your risk of developing diabetes.	THU	3/11	3-4:30 PM
		WED	3/24	9-10:30 AM
Viva Veggies	Learn about plant-strong eating and how it can improve your health and sense of wellbeing.	MON	3/8	3-4:30 PM
		THU	3/18	9-10:30 AM
		MON	3/22	3-4:30 PM

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Healthy Balance Orientation 11:00 AM	3 Healthy Balance Orientation 2:00 PM	4 Senior Wellness 10-11:30 AM	5	6 Mobilizing Resources and Support 9:30-11:30 AM
	Chair Yoga 12:30-1:30 PM		Trivia/Chair Hula 12:30-1:30 PM		
	Diabetes Skills & Basics 3-4:30 PM		Healthy Teens Ages 12-18 3-4 PM		
8 Senior Summit Seminar 10-11 AM	9 Aging with Grace 9:30-11:00 AM	10 Get Your Plate in Shape 9-10:30 AM	11 Trivia/Chair Hula 12:30-1:30 PM	12 Diabetes Skills & Basics 9-10:30 AM	13
Viva Veggies 3-4:30 PM	Healthy Balance Orientation 11:00 AM	Healthy Balance Orientation 2:00 PM	Stop Prediabetes in its Tracks 3-4:30 PM		
	Chair Yoga 12:30-1:30 PM				
15	16 Healthy Balance Orientation 11:00 AM	17 Healthy Balance Orientation 2:00 PM	18 Viva Veggies 9-10:30 AM	19	20
	Healthy Teens Ages 12-18 3-4 PM	Diabetes Skills & Basics 3-4:30 PM	Healthy Kids Ages 7-11 3-4 PM		
		Pregnancy & Healthy Living 5-6 PM			
22 Viva Veggies 3-4:30 PM	23 Healthy Balance Orientation 11:00 AM	24 Stop Prediabetes in its Tracks 9-10:30 AM	25 Diabetes Skills and Basics 9-10:30 AM	26 Prince Kuhio Day Clinics Closed	27
	Get Your Plate in Shape 3-4:30 PM	Healthy Balance Orientation 2:00 PM			
29	30 Healthy Balance Orientation 11:00 AM	31 Healthy Balance Orientation 2:00 PM			
	Chair Yoga 12:30-1:30 PM	Diabetes Skills & Basics 3-4:30 PM			

A Wellness Coach 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.
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.
Teen Wellness	This program focuses on youth ages 12-18 and covers topics such as healthy eating, incorporating more fruits and vegetables into meals, meal planning and preparation, communication, physical activity, and mental wellness.



SCAN ME To download a copy of the March 2021 class flyer!