



LIFESTYLE MEDICINE

MAY 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, registered dietitian or for a nutrition class.

Name	Description	Date		Time
Aging with Grace	Improve and maintain your well-being as you age.	TUE	5/11	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	5/4	3-4:30 PM
		FRI	5/14	9-10:30 AM
		WED	5/19	3-4:30 PM
		THU	5/27	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).	WED	5/12	9-10:30 AM
		MON	5/24	3-4:30 PM
Healthy Balance Orientation	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.	TUE	5/11	3:30-4:30 PM
		WED	5/26	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	5/6	3:30-4:30 PM
		TUE	5/18	3:30-4:30 PM
Nutrition and Exercise During and After Cancer Treatment	Manage eating problems related to cancer treatment. Learn the importance of maintaining a healthy weight, adopting an active lifestyle, and making good dietary choices during and after cancer treatment.	SAT	5/8	9:30-11:30 AM
Options Information Session	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	5/19	5-6 PM
Senior Wellness	Learn healthy coping strategies in a group setting with peer support.	THU	5/6	10-11:30 AM
Stop Prediabetes in its Tracks	Take the first steps to lower your risk of developing diabetes.	THU	5/13	3-4:30 PM
		WED	5/26	9-10:30 AM
Viva Veggies	Learn about plant-strong eating and how it can improve your health and sense of wellbeing.	MON	5/3	4-5:30 PM
		THU	5/13	9-10:30 AM
		MON	5/17	3-4:30 PM



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

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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3 Viva Veggies 4-5:30 PM	4 Options Information Session 11 AM - 12PM	5	6 Senior Wellness 10-11:30 AM	7	8 Nutrition and Exercise During and After Cancer Treatment 9:30-11:30 AM
	Healthy Balance Orientation 12-1 PM		Healthy Teens Ages 12-18 3:30-4:30 PM		
	Diabetes Skills & Basics 3-4:30 PM				
10	11 Aging with Grace 9:30-11:00 AM	12 Get Your Plate in Shape 9-10:30 AM	13 Viva Veggies 9-10:30 AM	14 Diabetes Skills & Basics 9-10:30 AM	15
	Options Information Session 11 AM - 12PM		Stop Prediabetes in its Tracks 3-4:30 PM		
	Healthy Balance Orientation 12-1 PM				
	Healthy Kids Ages 7-11 3:30-4:30 PM				
17 Viva Veggies 3-4:30 PM	18 Options Information Session 11 AM - 12PM	19 Diabetes Skills & Basics 3-4:30 PM	20	21	22
	Healthy Balance Orientation 12-1 PM	Pregnancy & Healthy Living 5-6 PM			
	Healthy Teens Ages 12-18 3:30-4:30 PM				
24 Get Your Plate in Shape 3-4:30 PM	25 Options Information Session 11 AM - 12PM	26 Stop Prediabetes in its Tracks 9-10:30 AM	27 Diabetes Skills and Basics 9-10:30 AM	28	29
	Healthy Balance Orientation 12-1 PM	Healthy Kids Ages 7-11 3:30-4:30 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.