

LIFESTYLE MEDICINE

NOVEMBER 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.	TUE	11/2	3-4:30 PM
		MON	11/8	9-10:30 AM
		WED	11/17	3-4:30 PM
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).	TUE	11/23	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.	TUE	11/30	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	11/16	3:30-4:30 PM
Mobilizing Resources and Support for Cancer	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	11/6	9:30-11:30 AM
Options Information Session (surgical weight management)	Attend this mandatory 60-minute information session to learn more about our bariatric surgery program.	THU	Weekly	10-11 AM
Pregnancy and Healthy Living	This class is designed to help pregnant women make healthy lifestyle choices throughout their pregnancy and beyond birth.	WED	11/17	5-6 PM
Stop Prediabetes in its Tracks	Take the first steps to lower your risk of developing diabetes.	WED	11/10	9-10:30 AM
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	11/12 11/19	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	11/4	9-10:30 AM
		TUE	11/9	3-4:30 PM
		THU	11/18	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.	TUE	11/23	12-1:30 PM



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

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Healthy Balance Orientation 12-1 PM	3	4 Viva Veggies 9-10:30 AM	5	6 Mobilizing Resources and Support for Cancer 9:30-11:30 AM
	Diabetes Skills & Basics 3-4:30 PM		Options Information Session 10-11 AM		
8 Diabetes Skills & Basics 9-10:30 AM	9 Healthy Balance Orientation 12-1 PM	10 Stop Prediabetes in its Tracks 9-10:30 AM	11 Veteran's Day Clinics Closed	12 Taking Care of Your Heart - Part 1 9-10:30 AM	13
	Viva Veggies 3-4:30 PM				
15	16 Healthy Balance Orientation 12-1 PM	17 Diabetes Skills & Basics 3-4:30 PM	18 Viva Veggies 9-10:30 AM	19 Taking Care of Your Heart - Part 2 9-10:30 AM	20
	Healthy Teens Ages 12-18 3:30-4:30 PM	Pregnancy and Healthy Living 5-6 PM	Options Information Session 10-11 AM		
22	23 Healthy Balance Orientation 12-1 PM	24	25 Thanksgiving Clinics Closed	26 After Thanksgiving Clinics Closed	27
	Viva Veggies 2 12-1:30 PM				
	Get Your Plate in Shape 3-4:30 PM				
29	30 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.