

LIFESTYLE MEDICINE

OCTOBER 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	10/6	3-4:30 PM	
		FRI	10/15	9-10:30 AM	
		TUE	10/19	3-4:30 PM	
		THU	10/28	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	10/27	9-10:30 AM	
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	10/28	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	10/14	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	10/2	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	
Senior Wellness	Learn healthy coping strategies in a group setting with peer support.	THU	10/7	10-11:30 AM	
SOAR - Seniors Online: Activities and Recreation <small>(Open to the community)</small>	Kaiser Permanente is pleased to offer these activities to engage Kupuna who may be isolated due to COVID restrictions.	Chair Yoga	TUE	Weekly	10:30-11:20 AM
		Chair Dancing	THU	Weekly	10:30-11:20 AM
Stop Prediabetes in its Tracks	Take the first steps to lower your risk of developing diabetes.	WED	10/13	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.	WED	10/20 10/27	3-4:30 PM	
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	10/7	9-10:30 AM	
		TUE	10/12	3-4:30 PM	
		THU	10/21	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	10/26	3-4:30 PM	



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

kp.org/healthyliving
KPHI OCT2021

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Nutrition and Exercise During and After Cancer Treatment 9:30-11:30 AM
4	5 Healthy Balance Orientation 12-1 PM	6 Diabetes Skills & Basics 3-4:30 PM	7 Viva Veggies 9-10:30 AM	8	9
			Options Information Session 10-11AM		
			Senior Wellness 10-11:30 AM		
11 Discover's Day Clinic Closed	12 Healthy Balance Orientation 12-1 PM	13 Stop Prediabetes in its Tracks 3-4:30 PM	14 Options Information Session 10-11AM	15 Diabetes Skills & Basics 9-10:30 AM	16
	Viva Veggies 3-4:30 PM		Healthy Teens Ages 12-18 3:30-4:30 PM		
18	19 Healthy Balance Orientation 12-1 PM	20 Taking Care of Your Heart - Part 1 3-4:30 PM	21 Viva Veggies 9-10:30 AM	22	23
	Diabetes Skills & Basics 3-4:30 PM		Options Information Session 10-11AM		
25	26 Healthy Balance Orientation 12-1 PM	27 Taking Care of Your Heart - Part 2 3-4:30 PM	28 Options Information Session 10-11AM	29	30
	Viva Veggies 2 3-4:30 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.