

LIFESTYLE MEDICINE

OCTOBER 2022 - Online Class Schedule

To register: Call **808-432-2260** or log into your **KP.ORG** account. All classes are no charge to participants.


Name	Description	Date		Time
Aging with Grace*	Improve and maintain your well-being as you age.	MON	10/17	10-11 AM
Culinary Medicine* (Open to the community)	Join Chef Alyssa Moreau and our Wellness Coaches for an inspiring cooking demonstration using plant-based recipes that will satisfy your taste buds!	MON	10/24	5-6 PM
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	10/5	3-4:30 PM
		THU	10/27	9-10:30 AM
Get Your Plate in Shape	Learn to harness the power of food. Mediterranean, Plant-Based, Low Carb, Paleo or Keto? If you're hungry for more information, satisfy that craving with the Get Your Plate in Shape class!	WED	10/12	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. 18 years and older only.	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	10/18	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	10/4	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	10/1	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
Stop Prediabetes in its Tracks	Take the first steps to lower your risk of developing diabetes.	WED	10/5	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.	THU	10/13 Part 1	3-4:30 PM
			10/20 Part 2	
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	10/6	9-10:30 AM
		TUE	10/11	3-4:30 PM
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	10/18	9-10:30 AM



*Class cannot be self-booked on kp.org. Call 808-432-2260 to register.

kp.org/healthyliving
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Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Healthy Balance Orientation 12-1 PM	5 Stop Prediabetes in its Tracks 9-10:30 AM	6 Viva Veggies 9-10:30 AM	7
	Healthy Teens Ages 12-18 3:30-4:30 PM	Coping Skills, Part 1 12:30-2 PM	Options Info Session 10-11 AM	
		Diabetes Skills & Basics 3-4:30 PM	Improve Your Sleep 12:30-2 PM	
10	11 Healthy Balance Orientation 12-1 PM	12 Coping Skills, Part 2 12:30-2 PM	13 Options Info Session 10-11 AM	14
	Viva Veggies 3-4:30 PM	Get Your Plate in Shape 3-4:30 PM	Taking Care of Your Heart, Part 1 3-4:30 PM	
17 Aging with Grace 10-11 AM	18 Viva Veggies 2 9-10:30 AM	19	20 Options Info Session 10-11 AM	21
	Healthy Balance Orientation 12-1 PM		Taking Care of Your Heart, Part 2 3-4:30 PM	
	Healthy Kids, Ages 7-11 3:30-4:30 PM			
24 Culinary Medicine 5-6 PM	25 Healthy Balance Orientation 12-1 PM	26	27 Diabetes Skills & Basics 9-10:30 AM	28
			Options Info Session 10-11 AM	
	31	Regional Behavioral Health Virtual Classes: https://webinars.on24.com/fehbp/Classes		

For more information on the following classes, call the Center for Healthy Living at **808-432-2260**.

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. A Wellness Coach assessment is required to determine program eligibility.
Stress Support Group	Manage stress with others in a caring and supportive space. Each session will start off with a brief description of the effects of stress physiologically, mentally and emotionally.

To register for the following classes, call Integrated Behavioral Health at **808-432-7600**.

Name	Description	Date	Time
Coping Skills (2-part series)	This class is open to any patient experiencing distress (physical, emotional, mental) related to stress, anxiety, depression, health conditions, relationships or people just looking to increase or improve their coping and relaxations skills.	WED	10/5 Part 1 12:30-2 PM
			10/12 Part 2
Improve Your Sleep	This class is designed to enhance sleep quality for individuals experiencing primary insomnia.	THU	10/6 12:30-2 PM