

LIFESTYLE MEDICINE

SEPTEMBER 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. | FRI | 9/10 | 9-10:30 AM |
| | | TUE | 9/21 | 3-4:30 PM |
| | | THU | 9/30 | 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 | 9/22 | 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. | WED | 9/29 | 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 | 9/16 | 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 | 9/4 | 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. | 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 | 9/15 | 5-6 PM |
| Senior Wellness | Learn healthy coping strategies in a group setting with peer support. | THU | 9/9 | 10-11:30 AM |
| Stop Prediabetes in its Tracks | Take the first steps to lower your risk of developing diabetes. | TUE | 9/14 | 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 | 9/10 9/17 | 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 | 9/9 | 9-10:30 AM |
| | | TUE | 9/14 | 3-4:30 PM |
| | | THU | 9/23 | 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 | 9/28 | 9-10:30 AM |



kp.org/healthyliving
KPHI SEPT2021

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

SEPTEMBER 2021 - Lifestyle Medicine Online Class Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|---|
| | | 1 | 2 | 3 | 4 Mobilizing Resources and Support for Cancer 9:30-11:30 AM |
| 6 Labor Day Clinics Closed | 7 Options Information Session 11AM - 12PM | 8 | 9 Viva Veggies 9-10:30 AM | 10 Diabetes Skills & Basics 9-10:30 AM | 11 |
| | Healthy Balance Orientation 12-1 PM | | Senior Wellness 10-11:30 AM | Taking Care of Your Heart - Part 1 9-10:30 AM | |
| 13 | 14 Stop Prediabetes in its Tracks 9-10:30 AM | 15 Pregnancy and Healthy Living 5-6 PM | 16 Healthy Teens Ages 12-18 3:30-4:30 PM | 17 Taking Care of Your Heart - Part 2 9-10:30 AM | 18 |
| | Options Information Session 11AM - 12PM | | | | |
| | Healthy Balance Orientation 12-1 PM | | | | |
| | Viva Veggies 3-4:30 PM | | | | |
| 20 | 21 Options Information Session 11AM - 12PM | 22 Get Your Plate in Shape 3-4:30 PM | 23 Viva Veggies 9-10:30 AM | 24 | 25 |
| | Healthy Balance Orientation 12-1 PM | | | | |
| | Diabetes Skills & Basics 3-4:30 PM | | | | |
| 27 | 28 Viva Veggies 2 9-10:30 AM | 29 Healthy Kids Ages 7-11 3:30-4:30 PM | 30 Diabetes Skills & Basics 9-10:30 AM | | |
| | Options Information Session 11AM - 12PM | | | | |
| | Healthy Balance Orientation 12-1 PM | | | | |

A Wellness Coach or Provider assessment is required to determine program eligibility for the following classes.

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| 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. |