Our Lifestyle Medicine classes have transitioned to a virtual format.

Members interested in attending these classes can call 808-432-2260 to register or ask for a Lifestyle Coach who can help the member identify the most appropriate class for them.

**AGING WITH GRACE**
Improve and maintain your well-being as you age. Learn strategies for fall prevention, staying mentally fit, improving bladder health, planning for advanced care, keeping active, and staying up-to-date with Medicare Wellness check-ups.

**Date/time:** Tue. 7/7; 9:30-11 a.m.

**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.

**Dates/time:**
- Thu. 7/2, Wed. 7/15 or Wed. 7/29, 8:30-10 a.m.
- Tue. 7/7 or Thu. 7/23, 3-4:30 p.m.

**GET YOUR PLATE IN SHAPE**
Do you wonder what diet is best for you? Should you follow the Mediterranean, plant-based, lower carb or another plan? Learn about how foods can improve your health and which eating style may be most beneficial for your specific health condition(s).

**Dates/time:**
- Wed. 7/1, 9-10:30 a.m. or Thu. 7/16, 3-4:30 p.m.

**HEALTHY KIDS, HEALTHY FAMILIES**
Healthy habits begin at home. Get eating and meal tips to improve health and energy. Parents, children or teens ages 7 to 18 can learn how to create a healthy lifestyle.

**Ages 7-11**
**Dates/time:**
- Wed. 7/8, 9-10:30 a.m. or Tue. 7/21, 3-4:30 p.m.

**Ages 12-18**
**Dates/time:**
- Fri. 7/10 or Tue. 7/28, 9-10:30 a.m.

**STOP PREDIABETES IN ITS TRACKS**
Take the first steps to lower your risk of developing diabetes. Find an eating, exercise, and stress management plan that works for you.

**Dates/time:**
- Thu. 7/9, 3-4:30 p.m. or Tue. 7/21, 9-10:30 a.m.

**VIVA VEGGIES – INTRODUCTION TO A PLANT STRONG DIET**
Learn about plant-strong eating and how it can improve your health and sense of wellbeing. Understand the elements and benefits of a plant-strong diet and get recipes and cooking tips to transition to a healthier life.

**Dates/time:**
- Mon. 7/6, 3-4:30 p.m.
- Thu. 7/16, 9-10:30 a.m.
- Mon. 7/20, 4-5:30 p.m.
- Thu. 7/30, 9-10:30 a.m.