

LIFESTYLE MEDICINE

December 2025 - Online Class Schedule



CENTER FOR
HEALTHY LIVING

KAISER PERMANENTE

To register: Call **808-432-2260** (TTY **711**) or log into your KP.ORG account>select Appointments>Lifestyle Medicine Classes. All classes are no charge to participants. *Class cannot be booked on kp.org. ♦ Must start series with class #1.

Name	Description	Date		Time
Aging with Grace*	Improve and maintain your well-being as you age. Learn strategies for fall prevention, staying mentally fit, improving bladder health and more.	MON	12/8	10-11 AM
Coping Skills	For anyone with distress related to stress, anxiety, depression, health conditions, relationships or wanting to improve their coping and relaxations skills.	WED	12/3	12:30-2 PM
		THU	12/11	5-6:30 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.	FRI	12/5	9-10:30 AM
		WED	12/10	5-6:30 PM
		THU	12/18	9-10:30 AM
		TUE	12/23	3-4:30 PM
Exercise is Medicine	Move more and sit less in everyday life. Learn to build a well-balance structured exercise plan and the tools to successfully carry out your plan.	THU	12/18	1-2 PM
Get Your Plate in Shape	Harness the power of food. Mediterranean, Plant-Based, Low Carb, Paleo or Keto.	TUE	12/16	9-10:30 AM
Healthy Kids, Healthy Families - Ages 7-11	Healthy habits begin at home. Get eating and meal tips to improve health and energy.	TUE	12/9	3:30-4:30 PM
Healthy Teens, Healthy Families - Ages 12-18	Interactive group wellness sessions for teens on self-care, nutrition, exercise and sleep. Register for complete 16 session series or individual sessions.	WED	Weekly	3:30-4 PM
Improve Your Sleep	This class is designed to enhance sleep quality for individuals experiencing primary insomnia.	THU	12/4	12:30-2 PM
Stop Prediabetes in its Tracks	Take the first steps to lower your risk of developing diabetes.	THU	12/11	9-10:30 AM
Stress Support Group*	Each session will start off with a brief description of the effects of stress physiologically, mentally and emotionally.	THU	12/11	12-1 PM
Taking Care of Your Heart	Learn how nutrition, physical activity and taking medications can help make your heart healthier.	THU	12/4	12-1:30 PM
Thriving in Change: Menopause Explained (2-part series)	This class provides an overview of perimenopause, menopause, and post menopause. We will review common symptoms, management strategies and overall wellness tips for thriving during this life change.	TUE	12/2 & 12/9	4:30-6 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	12/4	9:30-11 AM
Viva Veggies 2*	This class is for those who have taken the Viva Veggies Introduction. Dive a little deeper to improve your understanding and build more skills to sustain a whole food-plant based lifestyle.	TUE	12/9	5-6:30 PM
Weight Management Information Session	This class is for those who are interested in anti-obesity medication and/or bariatric surgery. Learn about Kaiser Permanente's weight management resources and programs.	Weekly		See the back page for dates and times.

Scan the QR code to download a copy of the **DEC 2025** class flyer or visit <https://kpinhawaii.org/centerforhealthyliving>



Scan the QR code for Behavioral Health virtual classes or visit <https://webinars.on24.com/fehbp/Classes>



DECEMBER 2025 - Lifestyle Medicine Online Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
1 Weight Management Information Session 12-1 PM	2 Thriving in Change: Menopause Explained #1 4:30-6 PM	3 Coping Skills 12:30-2 PM	4 Viva Veggies 9:30-11 AM	5 Diabetes Skills & Basics 9-10:30 AM
		Healthy Teens, Ages 12-18 3:30-4 PM	Taking Care of Your Heart 12-1:30 PM	Weight Management Information Session 9-10 AM
		Weight Management Information Session 5-6 PM	Improve Your Sleep 12:30-2 PM	
8 Aging with Grace 10-11 AM	9 Weight Management Information Session 8:30 AM-9:30 AM	10 Weight Management Information Session 2-3 PM	11 Stop Prediabetes in its Tracks 9-10:30 AM	12 Weight Management Information Session 9-10 AM
	Healthy Kids, Ages 7-11 3:30-4:30 PM	Healthy Teens, Ages 12-18 3:30-4 PM	Weight Management Information Session 11:30 AM-12:30 PM	
	Thriving in Change: Menopause Explained #2 4:30-6 PM	Diabetes Skills & Basics 5-6:30 PM	Stress Support Group 12-1 PM	
	Viva Veggies 2 5-6:30 PM		Coping Skills 5-6:30 PM	
15 Weight Management Information Session 12-1 PM	16 Get Your Plate in Shape 9-10:30 AM	17 Healthy Teens, Ages 12-18 3:30-4 PM	18 Diabetes Skills & Basics 9-10:30 AM	19 Weight Management Information Session 9-10 AM
	Weight Management Information Session 11:30 AM-12:30 PM	Weight Management Information Session 5-6 PM	Exercise is Medicine 1-2 PM	
22 Weight Management Information Session 12-1 PM	23 Diabetes Skills & Basics 3-4:30 PM	24 Christmas Eve	25 Christmas Clinics Closed	26
29	30	31		
		New Year's Eve		

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

HALT - Health Achieved through Lifestyle Transformation	This 24-session program focuses on transitioning to a plant-based diet and improving other areas of wellness like sleep, physical activity and stress management in a supportive virtual group setting. Enrollment is ongoing.
Healthy Balance	A one-year weight management and diabetes prevention program that promotes healthy eating and getting active.
Registered Dietitians and Wellness Coach	Our Registered Dietitians and Wellness Coaches are available for 1:1 telephone session to support your lifestyle behavior changes.

Got a child who's a picky eater?
Scan the QR code to learn more!



Scan the QR code to learn more about the **PEERS Clinic** for teens and young adults.

