

LIFESTYLE MEDICINE

November 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
Coping Skills	For anyone with distress related to stress, anxiety, depression, health conditions, relationships or wanting to improve their coping and relaxations skills.	WED	11/5	12:30-2 PM
Culinary Medicine* (Open to the community)	Inspiring cooking demonstration using plant-based recipes that will satisfy your taste buds conducted by Chef Alyssa Moreau and our Wellness Coaches.	THU	11/13	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.	FRI	11/7	9-10:30 AM
		WED	11/12	5-6:30 PM
		THU	11/20	9-10:30 AM
		TUE	11/25	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	11/20	1-2 PM
Get Your Plate in Shape	Harness the power of food. Mediterranean, Plant-Based, Low Carb, Paleo or Keto.	TUE	11/18	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	11/18	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	11/6	12:30-2 PM
		THU	11/20	5-6:30 PM
Making Peace with Food♦ (4-part series)	Improve your relationship with food, body image and self-care in a safe, non-judgmental space.	MON	11/17 to 12/8	5-6 PM
Stop Prediabetes in its Tracks	Take the first steps to lower your risk of developing diabetes.	THU	11/13	3-4:30 PM
Stress Support Group*	Each session will start off with a brief description of the effects of stress physiologically, mentally and emotionally.	THU	11/13	12-1 PM
Taking Care of Your Heart	Learn how nutrition, physical activity and taking medications can help make your heart healthier.	THU	11/6	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	11/6	9:30-11 AM
		MON	11/17	1-2:30 PM
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.	THU	11/20	12-1:30 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 **NOV 2025** class flyer or visit <https://kpinhawaii.org/centerforhealthyliving>



NOVEMBER 2025 - Lifestyle Medicine Online Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
3 Weight Management Information Session 12-1 PM	4 Weight Management Information Session 8:30-9:30 AM	5 Coping Skills 12:30-2 PM	6 Taking Care of Your Heart 9-10:30 AM	7 Diabetes Skills & Basics 9-10:30 AM
		Healthy Teens, Ages 12-18 3:30-4 PM	Viva Veggies 9:30-11 AM	Weight Management Information Session 9-10 AM
		Weight Management Information Session 5-6 PM	Improve Your Sleep 12:30-2 PM	
10	11 Veteran's Day Clinics Closed	12 Weight Management Information Session 2-3 PM	13 Weight Management Information Session 11:30 AM-12:30 PM	14 Weight Management Information Session 9-10 AM
		Healthy Teens, Ages 12-18 3:30-4 PM	Stress Support Group 12-1 PM	
		Diabetes Skills & Basics 5-6:30 PM	Stop Prediabetes in its Tracks 3-4:30 PM	
			Culinary Medicine 5-6 PM	
17 Weight Management Information Session 12-1 PM	18 Get Your Plate in Shape 9-10:30 AM	19 Healthy Teens, Ages 12-18 3:30-4 PM	20 Diabetes Skills & Basics 9-10:30 AM	21 Weight Management Information Session 9-10 AM
Viva Veggies 1-2:30 PM	Weight Management Information Session 11:30 AM-12:30 PM	Weight Management Information Session 5-6 PM	Viva Veggies 2 12-1:30 PM	
Making Peace with Food - Class #1 5-6 PM	Healthy Kids, Ages 7-11 3:30-4:30 PM		Exercise is Medicine 1-2 PM	
			Improve Your Sleep 5-6:30 PM	
24 Making Peace with Food - Class #2 5-6 PM	25 Diabetes Skills & Basics 3-4:30 PM	26 Weight Management Information Session 2-3 PM	27 Thanksgiving Clinics Closed	28 Day after Thanksgiving Clinics Closed
		Healthy Teens, Ages 12-18 3:30-4 PM		

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.

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



Got a picky eater?
Scan the QR code to learn more!



Scan the QR code to learn more about the **PEERS Clinic**.

