

# LIFESTYLE MEDICINE

## DECEMBER 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
<b>Diabetes Skills and Basics</b>	Get the skills you need to manage your diabetes whether you are newly diagnosed or have had diabetes for a while.	THU	12/1	3-4:30 PM
		FRI	12/9	9-10:30 AM
		WED	12/14	3-4:30 PM
		TUE	12/20	9-10:30 AM
		THU	12/29	3-4:30 PM
<b>Get Your Plate in Shape</b>	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	12/28	3-4:30 PM
<b>Healthy Balance Orientation (non-surgical weight management)*</b>	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
<b>Healthy Kids, Healthy Families - Ages 7-11</b>	Healthy habits begin at home. Get eating and meal tips to improve health and energy.	WED	12/28	10-11 AM
<b>Healthy Teens, Healthy Families - Ages 12-18</b>	Healthy habits begin at home. Get eating and meal tips to improve health and energy.	THU	12/29	10-11 AM
<b>Options Information Session (surgical weight management)*</b>	Attend this mandatory 60-minute information session to learn more about our bariatric surgery program.	THU	Weekly	10-11 AM
<b>Stop Prediabetes in its Tracks</b>	Take the first steps to lower your risk of developing diabetes.	THU	12/15	9-10:30 AM
<b>Taking Care of Your Heart (2-part series)</b>	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	12/8 Part 1	3-4:30 PM
			12/15 Part 2	
<b>Viva Veggies - Introduction to a Plant Strong Diet</b>	Learn about plant-strong eating and how it can improve your health and sense of wellbeing.	THU	12/1	9-10:30 AM
		TUE	12/6	3-4:30 PM
<b>Viva Veggies 2*</b>	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	12/13	9-10:30 AM


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

[kp.org/healthyliving](https://kp.org/healthyliving)  
KPHI DEC2022



To download a copy of the **December 2022** class flyer!

# DECEMBER 2022 - Lifestyle Medicine Online Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	Regional Behavioral Health Virtual Classes: <a href="https://webinars.on24.com/fehbp/Classes">https://webinars.on24.com/fehbp/Classes</a>		<b>1</b> <b>Viva Veggies</b> 9-10:30 AM	<b>2</b>
			<b>Options Info Session</b> 10-11 AM	
			<b>Improve Your Sleep</b> 12:30-2 PM	
			<b>Diabetes Skills &amp; Basics</b> 3-4:30 PM	
<b>5</b>	<b>6</b> <b>Healthy Balance Orientation</b> 12-1 PM	<b>7</b> <b>Coping Skills, Part 1</b> 12:30-2 PM	<b>8</b> <b>Options Info Session</b> 10-11 AM	<b>9</b> <b>Diabetes Skills &amp; Basics</b> 9-10:30 AM
	<b>Viva Veggies</b> 3-4:30 PM		<b>Taking Care of Your Heart, Part 1</b> 3-4:30 PM	
<b>12</b>	<b>13</b> <b>Viva Veggies 2</b> 9-10:30 AM	<b>14</b> <b>Coping Skills, Part 2</b> 12:30-2 PM	<b>15</b> <b>Stop Prediabetes in its Tracks</b> 9-10:30 AM	<b>16</b>
	<b>Healthy Balance Orientation</b> 12-1 PM	<b>Diabetes Skills &amp; Basics</b> 3-4:30 PM	<b>Taking Care of Your Heart, Part 2</b> 3-4:30 PM	
<b>19</b>	<b>20</b> <b>Diabetes Skills &amp; Basics</b> 9-10:30 AM	<b>21</b>	<b>22</b> <b>Options Info Session</b> 10-11 AM	<b>23</b> <b>Christmas Eve Observed Clinics Closed</b>
	<b>Healthy Balance Orientation</b> 12-1 PM			
<b>26</b> <b>Christmas Observed Clinics Closed</b>	<b>27</b> <b>Healthy Balance Orientation</b> 12-1 PM	<b>28</b> <b>Healthy Kids, Ages 7-11</b> 10-11 AM	<b>29</b> <b>Healthy Teens Ages 12-18</b> 10-11 AM	<b>30</b>
		<b>Get Your Plate In Shape</b> 3-4:30 PM	<b>Options Info Session</b> 10-11 AM	
			<b>Diabetes Skills &amp; Basics</b> 3-4:30 PM	

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

<b>HALT - Health Achieved Through Lifestyle Transformation</b>	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.
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To register for the following classes, call Integrated Behavioral Health at **808-432-7600**.

Name	Description	Date	Time
<b>Coping Skills (2-part series)</b>	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	12/7 Part 1 12:30-2 PM
			12/14 Part 2
<b>Improve Your Sleep</b>	This class is designed to enhance sleep quality for individuals experiencing primary insomnia.	THU	12/1 12:30-2 PM