

# LIFESTYLE MEDICINE

## NOVEMBER 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>Culinary Medicine*</b> (Open to the community)	Join Chef Alyssa Moreau and our Wellness Coaches for an inspiring cooking demonstration using plant-based recipes that will satisfy your taste buds!	MON	11/28	5-6 PM
<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.	WED	11/2	3-4:30 PM
		TUE	11/8	9-10:30 AM
		THU	11/17	3-4:30 PM
		WED	11/23	9-10:30 AM
<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	11/30	9-10:30 AM
<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.	TUE	11/22	3:30-4:30 PM
<b>Healthy Teens, Healthy Families - Ages 12-18</b>	Healthy habits begin at home. Get eating and meal tips to improve health and energy.	TUE	11/8	3:30-4:30 PM
<b>Mobilizing Resources and Support for Cancer Treatment*</b>	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	11/5	9:30-11:30 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.	WED	11/16	3-4:30 PM
<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. NOTE: Must attend Part 1	THU	11/10 Part 1	9-10:30 AM
			11/17 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	11/3	9-10:30 AM
		TUE	11/8	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	11/15	3-4:30 PM



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

[kp.org/healthyliving](https://kp.org/healthyliving)  
KPHI NOV2022



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

# NOVEMBER 2022 - Lifestyle Medicine Online Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>Healthy Balance Orientation</b> 12-1 PM	<b>2</b> <b>Coping Skills, Part 1</b> 12:30-2 PM	<b>3</b> <b>Viva Veggies</b> 9-10:30 AM	<b>4</b>
	Regional Behavioral Health Virtual Classes: <a href="https://webinars.on24.com/fehb/Classes">https://webinars.on24.com/fehb/Classes</a>	<b>Diabetes Skills &amp; Basics</b> 3-4:30 PM	<b>Options Info Session</b> 10-11 AM	<b>Improve Your Sleep</b> 12:30-2 PM
<b>7</b>	<b>8</b> <b>Diabetes Skills &amp; Basics</b> 9-10:30 AM	<b>9</b> <b>Coping Skills, Part 2</b> 12:30-2 PM	<b>10</b> <b>Taking Care of Your Heart, Part 1</b> 9-10:30 AM	<b>11</b> <b>Veterans Day Clinics Closed</b>
	<b>Healthy Balance Orientation</b> 12-1 PM		<b>Options Info Session</b> 10-11 AM	
	<b>Viva Veggies</b> 3-4:30 PM			
	<b>Healthy Teens Ages 12-18</b> 3:30-4:30 PM			
<b>14</b>	<b>15</b> <b>Healthy Balance Orientation</b> 12-1 PM	<b>16</b> <b>Stop Prediabetes in its Tracks</b> 3-4:30 PM	<b>17</b> <b>Taking Care of Your Heart, Part 2</b> 9-10:30 AM	<b>18</b>
	<b>Viva Veggies 2</b> 3-4:30 PM		<b>Options Info Session</b> 10-11 AM	
			<b>Diabetes Skills &amp; Basics</b> 3-4:30 PM	
<b>21</b>	<b>22</b> <b>Healthy Balance Orientation</b> 12-1 PM	<b>23</b> <b>Diabetes Skills &amp; Basics</b> 9-10:30 AM	<b>24</b> <b>Thanksgiving Clinics Closed</b>	<b>25</b> <b>After Thanksgiving Clinics Closed</b>
	<b>Healthy Kids, Ages 7-11</b> 3:30-4:30 PM			
<b>28</b> <b>Culinary Medicine</b> 5-6 PM	<b>29</b> <b>Healthy Balance Orientation</b> 12-1 PM	<b>30</b> <b>Get Your Plate in Shape</b> 9-10:30 AM		

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.
<b>Stress Support Group</b>	Manage stress with others in a caring and supportive space. Each session will start off with a brief description of the effects of stress physiologically, mentally and emotionally.

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	11/2 Part 1 12:30-2 PM
			11/9 Part 2
<b>Improve Your Sleep</b>	This class is designed to enhance sleep quality for individuals experiencing primary insomnia.	THU	11/3 12:30-2 PM