

 **Health Education Classes October** 

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>3</p> <p>1300: Sexual Trauma PTSD Group Bldg 2527</p>	<p>4</p> <p>1000: Deployment PTSD Group Bldg 2527</p> <p>1300: Tobacco Cessation R-53</p> <p>1730: Budgeting for Baby NMCRS</p>	<p>5</p> <p>1100: Meditation Group Bldg 2527</p> <p>1300: Women's Group Bldg 2527</p>	<p>6</p> <p>1000: Budgeting for Baby NMCRS</p> <p>1030: Men's Group Bldg 2527</p> <p>1700: Childbirth Education Class 1 NHOH Rm 460</p>	<p>7</p> <p>1300: Moving Forward Bldg 2527</p>
<p>10</p> <p>HOLIDAY</p>	<p>11</p> <p>1000: Deployment PTSD Group Bldg 2527</p> <p>1000: Couples Communication FFSC</p> <p>1300: Tobacco Cessation R-53</p> <p>1400: ShipShape - Psychology of Weight Management NHOH - DCR</p>	<p>12</p> <p>1100: Meditation Group Bldg 2527</p> <p>1300: Women's Group Bldg 2527</p> <p>1300: Nutrition 101 NHOH CCR</p>	<p>13</p> <p>1030: Men's Group Bldg 2527</p> <p>1700: Childbirth Education Class 2 NHOH Rm 460</p>	<p>14</p> <p>1300: Moving Forward Bldg 2527</p>
<p>17</p> <p>1300: Sexual Trauma PTSD Group Bldg 2527</p>	<p>18</p> <p>1000: Deployment PTSD Group Bldg 2527</p> <p>1300: Tobacco Cessation R-53</p> <p>1400: ShipShape – Creating Supportive Environments NHOH – DCR</p> <p>1600: Diabetes Wellness R-80</p>	<p>19</p> <p>1100: Meditation Group Bldg 2527</p> <p>1300: Women's Group Bldg 2527</p> <p>1600: Diabetes Wellness R-80</p>	<p>20</p> <p>1030: Men's Group Bldg 2527</p> <p>1300: Stress and Anger Management FFSC</p> <p>1700: Childbirth Education Class 3 NHOH Rm 460</p>	<p>21</p> <p>1300: Moving Forward Bldg 2527</p>
<p>24</p> <p>1300: Sexual Trauma PTSD Group Bldg 2527</p>	<p>25</p> <p>1000: Deployment PTSD Group Bldg 2527</p> <p>1300: Tobacco Cessation R-53</p> <p>1400: ShipShape - Stress Management & Relaxation NHOH – DCR</p> <p>1600: Diabetes Wellness R-80</p>	<p>26</p> <p>0900: Positive Parenting</p> <p>1100: Meditation Group Bldg 2527</p> <p>1300: Women's Group Bldg 2527</p> <p>1600: Diabetes Wellness R-80</p>	<p>27</p> <p>0900: Positive Parenting</p> <p>1030: Men's Group Bldg 2527</p> <p>1700: Childbirth Education Class 4 NHOH Rm 460</p>	<p>28</p> <p>1300: Moving Forward Bldg 2527</p>
<p>31</p> <p>1300: Sexual Trauma PTSD Group Bldg 2527</p>	<p align="center">Women's Health Month - Preventive Screening Exams</p> <p>Breast cancer screening: Mammogram every 2 years if you are 50 to 74 years old. If you are at risk for breast cancer, annual mammogram starting at 40.</p> <p>Cervical cancer: If you are 21 to 30 years old, you need a Pap test every three years. If you are 30 to 65 the HPV test combined with a Pap test every five years.</p> <p>Colorectal (colon) cancer: If you are 50-75 years old a colonoscopy, sigmoidoscopy, or fecal occult blood testing (FOBT), the schedule depends on the type of test used, discuss with your provider.</p> <p>Lung cancer: Low-dose CT scan every year if you are 55 to 80 years old and are a heavy smoker or a past smoker who quit within the last 15 years.</p> <p align="center">Discuss with your Health Care Provider the screenings that you need.</p>			<p>Health Promotion: 257-9892</p> <p>Dietician: 257-9590</p> <p>Childbirth Ed: 257-9436</p> <p>Meditation/Support Groups: 257-9484</p> <p>NMCRS: 257-2728</p> <p>FFSC: 257-6289</p> <p>PSMAC: 1-800-404-4506</p>

- **Budgeting for Baby:** This class is sponsored by the Navy-Marine Corps Relief Society. Financial counselors discuss budgeting basics and help you prepare for the financial aspects of parenthood. Receive a free junior seabag after attending. For more information or to register for class, contact NMCRS at 257-2728.
- **Childbirth Education:** A series of 4 classes to help you understand the birthing process, medical interventions associated with birth, and comfort measures. Postpartum care, newborn care/safety, and breastfeeding basics are also discussed. For more information contact the Childbirth Educator at 257-9436.
- **Tobacco Cessation:** Ready to quit? We can help. During the 1 hour discussion the Health Promotion staff will assist you in developing your quit plan: selecting a quit day, determining a quit method, developing your support team, and making lifestyle and environmental changes that will support your cessation efforts. Open to active duty, retirees, family members, and civilian personnel. Contact Health Promotion at 257-9892 for more information or to register for the next session. Individual sessions are also available. The Tobacco Clinic is located in R-53, modular across from the main hospital.
- **Nutrition 101:** An interactive class to kick off your personal plan for long lasting weight management. Learn basic nutrition skills and methods for incorporating physical activity into your day. Meets Navy FEP requirements. Class is offered monthly and is open to active duty, retirees, and family members. To register for the next class contact PSMAC at 1-800-404-4506.
- **Ship Shape:** A multi-dimensional program for Active Duty Personnel, Adult Family Members, Retirees and DoD Civilians, 6 session program which focuses on nutrition education, physical fitness, and behavior modification in support of a healthier body composition and lifestyle. Sessions are 1400-1500 in the NHOH Dental Conference Room. ~~~Two opportunities for each topic, pick the date that works with your schedule~~~~

Sept 13 and Nov 1- Fueling Your Body & Brain	Oct 11 and Nov 22 - Psychology of Weight Management
Sept 20 and Nov 8 - Weight Loss Tracking & Trends	Oct 18 and Nov 29 - Creating Supportive Environments
Sept 27 and Nov 15 - Power Up! Physical Activity	Oct 25 and Dec 6 - Stress Management & Relaxation

For more information or to register, contact your CFL and/or the Dietician at 257-9590.
- **Diabetes Wellness:** Designed for further education following initial visit with the Diabetes Nurse Educator and Dietician. Your Diabetic Team includes Internist, Pharmacist, Nurse Diabetes Educator, Dietician and Fitness Specialist. Biannual classes held in R80, modular across from the Naval Hospital. The next class series is scheduled for October 18, 19, 25, 26 from 4:00 – 5:30. For more information or to register, contact 257-5106.
- **Meditation Group:** A weekly group where you will learn and practice mindfulness skills. These skills are designed to reduce stress, reduce suffering (physical and emotional) and promote relaxation. The techniques work best if you are curious, interested in or familiar with mindfulness approaches and breathing meditation, are open minded and looking for a “kinder-gentler approach”. The group is open to all: military personnel, family members, and civilian staff. For more information call 257-9484.
- **Men’s and Women’s Group:** Weekly discussion groups for education and support. The Women’s Group meets on Wednesday 1300-1400; the Men’s Group meets on Thursday 1030-1200 in Bldg R52, located across from the hospital. For more information or to sign up for this group, contact 257-9484.
- **Sexual Trauma PTSD Group:** Weekly discussion group for education and support. For more information or to sign up for this group, contact 257-9484.
- **Deployment PTSD Group:** Weekly discussion group for education and support. For more information or to sign up for this group, contact 257-9484.
- **Moving Forward:** A “life skills” training program that teaches participants problem-solving skills to enhance transitions and/or overcome stressful difficulties in life. Focus is on enhancing recovery and resilience skills, improving overall quality of life, and preventing clinical levels of pathology. This class is taught in four 1-hr classes, Fridays at 1300, a new class will start the first Friday of each month. Participants do not have to be current Mental Health Clients to participate, but do have to pre-register and complete pre-test assessment. Formal referral is not necessary, and this can be scheduled over the phone or in person. Due to the nature of the class, no children please. Preregistration required, contact 257-9484 to sign up.
- **Couples Communication:** Identify blocks to communication, create processes to resolve conflict, and improve lines of communication. For more information or to register for the next class contact Fleet and Family Support at 257-6289.
- **Stress and Anger Management:** Definitions, origins and physiologic effects of stress and anger, develop effective management techniques. For more information or to register for the next class contact Fleet and Family Support at 257-6289.
- **Positive Parenting:** Focus on “natural and logical consequences” vice reward/punishment as a means of discipline. Two class series: Wed and Thurs 0900-1600. For more information or to register for the next class contact Fleet and Family Support at 257-6289.