



Health Promotion

Rockwell Hall Gymnasium JEB Little Creek and Fort Story

2013 Class Schedule

ShipShape Class

8 week course for active duty personnel, providing basic nutrition, behavior modification, stress management and exercise techniques to lower and maintain an acceptable body weight and body fat.

Tuesdays 1400 (8) 1.5-hr classes

Jan 8, 15, 22, 29
Feb 5, 12, 19, 26

Mar 5, 12, 19, 26
Apr 2, 9, 16, 23

May 7, 14, 21, 28
Jun 4, 11, 18, 25

Jul 2, 9, 16, 23, 30
Aug 6, 13, 20

Sep 3, 10, 17, 24
Oct 1, 8, 15, 22

Nov 5, 12, 19, 26
Dec 3, 10, 17

Tobacco Cessation

1 four hour interactive tobacco cessation class providing tools to successfully become tobacco free. Medications include Zyban, Nicotine Replacement Therapy (NRT), and Chantix.

Thursdays 0900 (1) 4 hr class

Jan 3 or 17
Feb 7 or 21
Mar 7 or 21
Apr 4 or 18
May 2 or 16
Jun 6 or 20
Jul 11 or 25
Aug 1 or 15
Sep 5 or 19
Oct 3 or 17
Nov 7 or 21
Dec 5 or 19

Additional Services

- Nutrition Counseling
- Weight Management
- Cholesterol Education
- Hypertension Counseling
- Exercise Programming
- Fitness Testing

Class Registration

757-462-1491

Public Health Educator

757-462-1734

2013 Monthly Wellness Observances

- January Weight Management
- February Heart Health
- March Nutrition Awareness
- April Sports and Injury Prevention
- May Health and Fitness
- June Men's Health
- July Therapeutic Recreation
- August Immunization Awareness
- September Cholesterol Education
- October Women's Health
- November Tobacco Awareness
- December Drunk and Drugged Prevention