

HEALTH PROMOTION SCHEDULE

YOU are the most important person when it comes to maintaining the good health of your body. To a large degree, the lifestyle you practice will have an impact on how you feel today, tomorrow and in the future.

50% of deaths and illnesses in the U.S. are directly linked to unhealthy practices such as: poor nutrition, tobacco use, lack of exercise and unmanaged stress.

We have a Lending Library with educational Videos and DVDs on nutrition, tobacco, cholesterol and more. All items are available for checkout.

If you'd like a presentation brought to your worksite, please call Health Promotion at 410-293-1172.

- Blood Pressure Management
- Blood Pressure Screening
- Breast Cancer Awareness Walk
- Cardiac Health Class
- Diabetes Class
- Nutrition: Commissary Tour
- Nutrition: Support Group
- Nutrition: The Melting Pot Class
- ShipShape Class
- Stress Management
- Substance Abuse
- Tobacco Cessation Class
- Tobacco Cessation Class for Midshipmen
- Walking Club
- Wellness Examinations



HEALTH PROMOTION

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**To register for classes or
obtain more information,
contact: 410-293-1172**

2010

HEALTH PROMOTION SCHEDULE



This pamphlet provides available Health Promotion classes and a schedule of services. Our goal is to increase YOUR participation in YOUR health to improve the quality of YOUR life.

Lifestyle changes that are made with small steps, rather than huge leaps, have a greater chance of becoming a permanent way of life.

Our Health Promotion Programs are available and ready to help you obtain optimum health. Active duty, dependents, retirees, civilians, and contractors are welcome to participate in our Health Promotion classes.

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HEALTH PROMOTION SCHEDULE

DIABETES CLASS Thursdays, from 1200-1500:

- Feb 25
- June 24
- Oct 28

INNER SANCTUM'S "OLGA"

Chair offers a 15-minute massage. Walk-ins and reservations accepted.

NUTRITION: THE MELTING POT

A four-week weight management program designed to help you lose weight and develop healthy lifestyle habits.

Thursdays from 1200-1300, on:

- Jan 7, Jan 14, Jan 21 Jan 28
- Apr 1, Apr 8, Apr 15, Apr 22
- Sept 2, Sept 9, Sept 16, Sept 23

NUTRITION: HOLIDAY EATING IN CONTROL Thursdays, from 1200-1300:

- Dec 2
- Dec 9

NUTRITION: SUPPORT GROUP

For people receiving nutrition counseling there is a monthly support session which may include a commissary tour, dining out or a "hot" nutrition topic.

- First Monday of the month from 1200-1300

SHIPSHAPE CLASS

Eight-week Weight Management class for Active Duty—mandatory for those out of body fat standards Tuesdays from 1200-1300:

- Jan 19, Jan 26, Feb 2, Feb 9, Feb 16, Feb 23, Mar 2, Mar 9
- Sept 7, Sept 14, Sept 21, Sept 28, Oct 5, Oct 12, Oct 19, Oct 26

STRESS MANAGEMENT

Workshop by Fleet and Family Support Center Call 410-293-2602

SUBSTANCE ABUSE

Individual appointments with a highly trained specialist may be made at 410-293-1347

THE GREAT AMERICAN SMOKE OUT/NAVY NIC-OUT DAY Thursday

- Nov 18

TOBACCO CESSATION CLASS

Online classes are available at:
www.healthnetfederalservices.com

1. Click Beneficiary
2. Under TRICARE North, click Healthy Living
3. Click Tobacco Cessation

AMERICAN CANCER SOCIETY'S

4 week Freshstart Program will be offered, Wednesdays, from 1130-1300:

- Jan 6, Jan 13, Jan 20, Jan 27
- Apr 7, Apr 14, Apr 21, Apr 28
- Aug 4, Aug 11, Aug 18, Aug 25
- Nov 3, Nov 10, Nov 17, Nov 24

TOBACCO CESSATION SUPPORT CLASS FOR MIDSHIPMEN

Midshipmen will be directed to the online class, Support and discussion group meets Wednesdays in the Dental Office from 1245-1315, during the Academic Year.

WALKING CLUB

Tuesdays and Thursdays at Hospital Point Clinic's flagpole from 1230-1300

WELLNESS EXAMINATIONS

Call 410-293-2273, choose option #1, and then option #1 again, to schedule appointments or referrals for: Annual Diabetes Testing, Cervical Exams (PAP Smear), Prostate Cancer Screening Screenings, Colon Cancer Screenings and Mammograms.

BLOOD PRESSURE MANAGEMENT

Learn what blood pressure is and how to manage it using dietary approaches such as the DASH diet.

Tuesdays, from 1000-1130:

- Jan 5
- Apr 6
- July 6
- Oct 5

BLOOD PRESSURE SCREENING

Screenings take place at the Commissary on Fridays, from 1000-1200:

- Jan 15
- Apr 2
- July 2
- Oct 1

BREAST CANCER AWARENESS NAVAL ACADEMY BRIDGE WALK

Thursday, October 7 from 1130-1300.

CARDIAC HEALTH CLASS

Thursdays, from 1100-1300:

- Feb 11
- May 13
- Aug 12
- Nov 4

Classes offered at naval health clinic-hospital point. Registration required for all classes no later than 1 week prior to start date.