

January 2017 Wellness Calendar Naval Health Clinic Charleston



To register for any Wellness Classes call 794-6910

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 New Year's Day (observed)	3 31 Day Healthy Life Challenge www.med.navy.mil/sites/nmcp/hc/Documents/health-promotion-wellness/	4 Tobacco Cessation Group Class 0630-0730 Lunch and Learn "Getting Back on Track" 1200-1230 DFA Conf Rm	5 Aim for one to two pounds of weight loss per week!	6 Get 7-8 hours of sleep a night!
9 70% of those 20 or older are overweight or obese!	10 HEART HEALTHY NUTRITION 1300-1430	11 Tobacco Cessation Group Class 0630-0730 Lunch and Learn "Meal Planning" 1200-1230 DFA Conf Rm	12 Weight Management Group Class 0900-1000	13 3 Ounces of meat is about the size of a deck of cards
16 Martin Luther King Day Clinics Closed	17 Try Walking 10,000 steps a day! In one week you can burn 3,500 calories Or roughly one pound of fat!	18 Tobacco Cessation Group Class 0630-0730 Lunch and Learn "Exercise" 1200-1230 SEAT	19 Ship Shape#1 0730-0830	20 Diabetic Self-Management Class 0900-1100
23 Make ½ your plate Veggies and Fruits	24 Pregnancy in Nutrition 1300-1430	25 Tobacco Cessation Group Class 0630-0730 Lunch and Learn "Strategies for Success" 1200-1230 SEAT	26 Ship Shape#2 0730-0830 Weight Management Group Class 0900-1000	27 Aim to make at least ½ your grains, whole grains. Key words: "100% Whole Grain or Wheat"
30 Choose MyPlate.gov	31 Take a Walk during your Lunch Break	Individual Tobacco Counseling Sessions Call 794-6910		

Healthy Weight Month

www.med.navy.mil/sites/nmcp/hc/health-promotion/Pages/default.aspx

Cervical Health Awareness Month

www.nccc-online.org

National Blood Donor Month

www.redcross.org

Remove by Feb 2, 2017