



Naval Hospital Bremerton Health Promotion

2012 Classes and Resources for Healthy Living

JOIN US:

Diabetes Prevention Heart Healthy Living Aim for a Healthy Weight

- ◆ Daytime and evening classes
- ◆ Interactive skill building classes include shopping, cooking and meal planning for busy people on a budget

Safe and effective physical activity

- ◆ No registration needed for these classes
- ◆ Yoga, TAI CHI, Pilates classes are held in the Wellness Center. Classes are modified for all levels.
- ◆ Meet us at the MWR Fitness Center for a hands on orientation

Diabetes Self Management

- ◆ Live the life you love, with a sense of control, and avoiding diabetic complications
- ◆ Classes include meal planning, monitoring and medications
- ◆ “The Lunch Bunch” meet on the 2nd Monday at 1230— sharing new information and tips for healthy living.

Support for your growing family

- ◆ Car Seat fittings, Childbirth classes, Baby Basics

Tobacco “Quit for Good”

- ◆ We will help you develop a personalized quit plan—and stick with you for as long as it takes
- ◆ Call for an appointment: 360-475-4818

Positive Living Skills

- ◆ Making the mind body connection for a healthy lifestyle
- ◆ “DeBreathe”, Stress Management Workshops and Success Strategies Class

Caring for Life

- ◆ Cancer Support Group welcomes families, caregivers and survivors. We meet in the Wellness Center at 5pm on the last Tuesday of each month

SIGN UPS ARE EASY!

- ◆ Classes are open to all DoD personnel and military beneficiaries. TRICARE beneficiaries register by calling TRAC at 800-404-4506.
- ◆ Detailed class information and for DoD civilian registration contact us:

E-mail: nhb.healthpromotion@med.navy.mil

Phone: 360-475-4541

Web: www.med.navy.mil/sites/nhbrem



