

## Naval Hospital Bremerton Health Promotion 2012 OVERVIEW

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Yoga Gentle Beginner</b> 3:30pm <b>Yoga Fitness</b> 4:30 – 5:30pm	<b>Pilates</b> 11:30am – 12:30pm <b>Diabetes Prevention (TLC)*</b> <b>Bariatric Support</b> 6:00pm	<b>TAI CHI</b> 11:00am – 12:00pm <b>Stress Workshop</b> 2:00 – 4:00 pm <b>Healthy Shopping Tour @</b> NBK Bangor Commissary* <b>Childbirth Class</b> 6:30 – 9:00pm	<b>“DeBreathe”</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30pm <b>Diabetes</b> Intro to Self Care*	<b>TAI CHI</b> 11:00 – 11:30am <b>Lunchtime Yoga</b> 11:45am-12:30pm <b>Intro to Nutrition</b> 1:00 – 3:00pm
<b>Diabetes Support</b> 12:30 – 2:00pm <b>Yoga Gentle Beginner</b> 3:30pm <b>Yoga Fitness</b> 4:30 – 5:30pm	<b>Pilates</b> 11:30am – 12:30pm <b>Heart Healthy Living (TLC)*</b> 	<b>TAI CHI</b> 11am – 12:00pm <b>Fitness Center Orientation @</b> Bremerton Fitness Center* <b>Childbirth Class</b> 6:30 – 9:00pm	<b>“DeBreathe”</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30pm <b>Diabetes</b> Meal Planning*	<b>TAI CHI</b> 11:00 – 11:30 <b>Lunchtime Yoga</b> 11:45am– 12:30pm <b>Bariatric Eating Class</b> 1:00 – 3:00pm (even months only)
<b>Yoga Gentle Beginner</b> 3:30pm <b>Yoga Fitness</b> 4:30 – 5:30pm	 <b>Pilates</b> 11:30am – 12:30pm <b>Aim for a Healthy Weight (TLC)*</b> <b>Bariatric Support</b> 3:30pm	<b>TAI CHI</b> 11:00am – 12:00pm <b>Healthy Cooking</b> for Busy People Jackson Park Community Center* <b>Baby Basics Part 1</b> 4:30 – 6:30pm (odd months only) <b>Childbirth Class</b> 6:30 – 9:00pm	<b>“DeBreathe”</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30pm <b>Diabetes</b> Meds and More*	<b>TAI CHI</b> 11:00 – 11:30am <b>Lunchtime Yoga</b> 11:45am– 12:30pm <b>Intro to Nutrition</b> 1:00 -3:00pm
<b>Yoga Gentle Beginner</b> 3:30pm <b>Yoga Fitness</b> 4:30 – 5:30pm	<b>Pilates</b> 11:30am – 12:30pm <b>Success Strategies (TLC)*</b> <b>Cancer Support</b> 5:00pm	<b>TAI CHI</b> 11:00am – 12:00pm <b>Baby Basics Part 2</b> 4:30 – 6:30pm (odd months only) <b>Lactation Class</b> 6:30 – 9:00pm	<b>“DeBreathe”</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30pm <b>Child Car Seat Fitting</b> 2:30 – 5:00pm (odd months only)	<b>TAI CHI</b> 11:00 – 11:30am <b>Lunchtime Yoga</b> 11:45am - 12:30pm <b>3<sup>rd</sup> or 4<sup>th</sup> SATURDAY: Childbirth Class</b> 9:30am – 3:00pm

**TLC classes (Tuesdays):** 1:00 – 3:00pm on “even months”: February, April, June, August, October, December.  
 4:30 – 6:30pm on “odd months” January, March, May, July, September, November

**TLC “Field Trips” (Wednesdays)** 1:00 – 3:00pm on “odd months”: January, March, May, July, September, November  
 4:30 – 6:00pm on “even months”: February, April, June, August, October, December

**Diabetes Classes (Thursdays)** 1:00 – 3:30pm on “odd” months: January, March, May, July, September, November  
 4:30 – 7:00pm on “even” months: February, April, June, October.  
 There are no diabetes classes in August or December.

**Mind Body Classes** No registration is required for Pilates, “DeBreathe”, Yoga and TAI CHI. Wear comfortable clothes. Modified for all activity levels.

**Baby Basics** is held every other month on “odd” months from 4:30 – 6:30pm. January, March, May, July, September, November. It is a 2 session class for expectant parents. (Check alternate holiday schedule in November)

**Childbirth Classes** are held on the first 3 Wednesdays of each month followed by a class on breast feeding on the 4<sup>th</sup> Wednesday. The classes are also available on one Saturday each month. Saturday class does not include the lactation class. Contact the OB-GYN clinic or call TRICARE for more information and to register.

**Classes are open to all DoD personnel and military beneficiaries. TRICARE beneficiaries register by calling TRAC at 800-404-4506.**

**Questions and registration for civilians please call the Wellness Center at 360-475-4541.**

**No registration needed for Stress Workshop, TAI CHI, Yoga, “DeBreathe” and Pilates classes.**



### **Therapeutic Lifestyle Change (TLC): (Tuesdays)**

- **Diabetes Prevention:** Understand the natural history of diabetes and the good news about prevention. Assess your risk factors and identify personal prevention strategies.
- **Healthy Heart:** Understand risk factors and prevention strategies for cardiovascular disease including cholesterol and BP guidelines, heart-healthy eating, physical activity and coping skills. Identify personal prevention strategies.
- **Aim for a Healthy Weight:** Build your skills for a lifestyle approach to long lasting weight management
- **Success Strategies:** Build confidence as you share your successes; assess your motivation style and outline a personal plan for support.

### **TLC “Field Trips”: (Wednesdays)**

- **Healthy Shopping Tour:** Meet at the front entrance to the NBK Bangor Commissary. Participants will put healthy meal planning into practice as they decipher labels and explore healthy choices in meat, produce, and prepared food sections.
- **Fitness Center Orientation:** Meet at the NBK Bremerton MWR Fitness Center with a Navy Fitness leader to participate in a demonstration of safe and effective use of fitness equipment. For all levels of fitness.
- **Healthy Cooking: Meet at Jackson Park Community Center.** We'll practice planning healthy and inexpensive meals for busy families.

**Introduction to Nutrition** Registered dietitian provides an overview of skills and resources for healthy eating including caloric balance, label reading and meal planning. Emphasis is on a lifestyle approach. Participants are encouraged to track food and physical activity in preparation for working individually with a dietitian.

**Bariatric Eating Class “Every Bite Counts”** Registered dietitian provides nutritional guidelines for post surgical diet. Patients are referred to this class by the dietitian after completing TLC classes.

**Baby Basics** Two-session classes for expectant parents. Held on the 3<sup>rd</sup> and 4<sup>th</sup> Wednesday of “odd months”. (See November holiday schedule)

Baby Basics Class 1: Meet the New Parent Support Team. Orientation to infant car seats.

Baby Basics Class 2: Quiz the Pediatrician. Infant safety topics and CPR.

**Childbirth Education Classes** can be taken as a 3 part series on Wednesday evenings or a single class on the 3<sup>rd</sup> or 4<sup>th</sup> Saturday of the month. A lactation class is held on the 4<sup>th</sup> Wednesday of each month at 6:30pm. Register through the OB-GYN clinic at 360-475-4209 or TRICARE.

**Car Seat Fittings** are held from 1430-1700 in the “B” level of the parking garage on the 4<sup>th</sup> Thursday of “odd” months. Car seat fittings may also be scheduled by appointment by calling 475-4541. Car seat fittings are appropriate for all ages and stages of children.

**Tobacco — Quit for Good** Call 475-4818 to connect with Naval Hospital's Tobacco Cessation counselor for quitting assistance, whether it's your first or fifth attempt.

**MIND BODY Classes** No registration necessary. Wear comfortable clothes for Yoga, Pilates and “DeBreathe” and enjoy building your skills for de-stressing, and living a positive life. Classes are modified to be appropriate for all levels of fitness – call for more information.



**Classes are open to all DoD personnel and military beneficiaries. TRICARE beneficiaries register by calling TRAC at 800-404-4506. Questions and registration for civilians please call the Wellness Center at 360-475-4541. Additional classes can also be scheduled for commands and military community groups. No registration needed for TAI CHI, Yoga, “DeBreathe” and Pilates classes.**

## Naval Hospital Bremerton Health Promotion JANUARY 2012

### Classes and Resources for Healthy Living

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>  <b>HAPPY NEW YEAR</b>	<b>3 Pilates</b> 11:30am – 12:30pm <b>Diabetes Prevention (TLC)</b> 4:30 – 6:00pm <b>Bariatric Support</b> 6:00pm	<b>4 TAI CHI</b> 11:00am – 12:00pm <b>Stress Workshop</b> 2:00 – 4:00 pm <b>Healthy Shopping Tour @</b> NBK Bangor Commissary 1:00 – 2:30pm <b>SHIPSHAPE #4</b> <b>Childbirth Class</b> 6:30 – 9:00pm	<b>5 “DeBreathe”</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30pm <b>Diabetes</b> Intro to Self Care 1:00 – 3:30pm	<b>6 TAI CHI</b> 11:00 – 11:30am <b>Lunchtime Yoga</b> 11:45am-12:30pm <b>Intro to Nutrition</b> 1:00 – 3:00pm
<b>9 Diabetes Support</b> 12:30 – 2:00pm <b>Yoga Gentle Beginner</b> 3:30pm <b>Yoga Fitness</b> 4:30 – 5:30pm	<b>10 Pilates</b> 11:30am – 12:30pm <b>Heart Healthy Living (TLC)</b> 4:30pm – 6:30pm 	<b>11 TAI CHI</b> 11am – 12:00pm <b>Fitness Center Orientation @</b> Bremerton Fitness Center 1:00 – 2:30pm <b>SHIPSHAPE #5</b> <b>Childbirth Class</b> 6:30 – 9:00pm	<b>12 “DeBreathe”</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30 <b>Diabetes</b> Meal Planning 1:00 – 3:30pm	<b>13 TAI CHI</b> 11:00 – 11:30 <b>Lunchtime Yoga</b> 11:45am– 12:30pm
<b>16 Yoga Gentle Beginner</b> 3:30pm <b>Yoga Fitness</b> 4:30 – 5:30pm 	<b>17 Pilates</b> 11:30am – 12:30pm <b>Aim for a Healthy Weight (TLC)</b> 4:30 – 6:30pm <b>Bariatric Support</b> 3:30pm	<b>18 TAI CHI</b> 11:00am – 12:00pm <b>Healthy Cooking for Busy People</b> Jackson Park Community Center 1:00 – 2:30pm <b>SHIPSHAPE #6</b> <b>Baby Basics Part 1</b> 4:30 – 6:30pm <b>Childbirth Class</b> 6:30 – 9:00pm	<b>19 “DeBreathe”</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30pm <b>Diabetes</b> Meds and More 1:00 – 3:30pm	<b>20 TAI CHI</b> 11:00 – 11:30am <b>Lunchtime Yoga</b> 11:45am– 12:30pm <b>Intro to Nutrition</b> 1:00 -3:00pm <b>SATURDAY 21<sup>st</sup>:</b> <b>Childbirth Class</b> 9:30am – 3:00pm
<b>23 Yoga Gentle Beginner</b> 3:30pm <b>Yoga Fitness</b> 4:30 – 5:30pm	<b>24 Pilates</b> 11:30am – 12:30pm <b>Success Strategies (TLC)</b> 4:30 – 6:30pm	<b>25 TAI CHI</b> 11:00am – 12:00pm <b>Baby Basics Part 2</b> 4:30 – 6:30pm 1:00 – 2:30pm <b>SHIPSHAPE #7</b> <b>Lactation Class</b> 6:30 – 9:00pm	<b>26 “DeBreathe”</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30pm <b>Child Car Seat Fitting</b> 2:30 – 5:00pm	<b>27 TAI CHI</b> 11:00 – 11:30am <b>Lunchtime Yoga</b> 11:45am - 12:30pm
<b>30 Yoga Gentle Beginner</b> 3:30pm <b>Yoga Fitness</b> 4:30 – 5:30pm	<b>31 Pilates</b> 11:30am – 12:30pm <b>Cancer Support</b> 5:00pm	Classes are open to all DoD personnel and military beneficiaries. TRICARE beneficiaries register by calling TRAC at 800-404-4506. Questions and registration for civilians please call the Wellness Center at 360-475-4541. No registration needed for Stress Workshop, TAI CHI, Yoga, “DeBreathe” and Pilates classes.		

**Naval Hospital Bremerton Health Promotion FEBRUARY 2012**  
**Classes and Resources for Healthy Living**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>February is National Heart Health Month.</b></p> <p><b>Takes steps each day to living a heart healthy life.</b></p> <p align="center"><b>Reliable information is available at</b>  <a href="http://www.healthfinder.gov">www.healthfinder.gov</a> and <a href="http://www.americanheart.org">www.americanheart.org</a></p>				
<p><b>6</b> Yoga Gentle Beginner 3:30pm Yoga Fitness 4:30 – 5:30pm</p>	<p><b>7</b> Diabetes Prevention (TLC) 1:00 – 3:00pm Bariatric Support 6:00pm</p>	<p><b>1</b> TAI CHI 11:00am – 12:00pm <b>SHIPSHAPE #8 1:00 – 2:30pm</b> Stress Workshop 2:00 – 4:00 pm Healthy Shopping Tour @ NBK Bangor Commissary 4:30 – 6pm Childbirth Class 6:30 – 9:00pm</p>	<p><b>2</b> “DeBreathe” 10:00 – 11:00am Pilates 11:30am – 12:30pm <b>SHIPSHPE #1 2:00 – 3:30pm</b> at Naval Hospital Wellness Center Diabetes Intro to Self Care 4:30 – 7pm</p>	<p><b>3</b> TAI CHI 11:00 – 11:30am Lunchtime Yoga 11:45am-12:30pm Intro to Nutrition 1:00 – 3:00pm</p> 
<p><b>13</b> Diabetes Support 12:30 – 2:00pm Yoga Gentle Beginner 3:30pm Yoga Fitness 4:30 – 5:30pm</p>	<p><b>14</b> Pilates 11:30am – 12:30pm Heart Healthy Living (TLC) 1:00 – 3:00pm</p> 	<p><b>8</b> TAI CHI 11am – 12:00pm <b>Fitness Center Orientation @</b> Bremerton Fitness Center 4:30 – 6:00pm Childbirth Class 6:30 – 9:00pm</p>	<p><b>9</b> “DeBreathe” 10:00 – 11:00am Pilates 11:30am – 12:30 <b>SHIPSHPE #2 2:00 – 3:30pm</b> at Naval Hospital Wellness Center Diabetes Meal Planning 4:30 – 7:00pm</p>	<p><b>10</b> TAI CHI 11:00 – 11:30 Lunchtime Yoga 11:45am– 12:30pm Bariatric Eating Class 1:00 – 3:00pm</p>
<p><b>20</b></p> 	<p><b>15</b> TAI CHI 11:00am – 12:00pm Healthy Cooking for Busy People Jackson Park Community Center 4:30 – 6:00pm Childbirth Class 6:30 – 9:00pm</p>	<p><b>16</b> “DeBreathe” 10:00 – 11:00am Pilates 11:30am – 12:30pm <b>SHIPSHPE #3 2:00 – 3:30pm</b> at Naval Hospital Wellness Center Diabetes Meds and More 4:30 – 7:00pm</p>	<p><b>17</b> TAI CHI 11:00 – 11:30am Lunchtime Yoga 11:45am– 12:30pm Intro to Nutrition 1:00 -3:00pm</p>	
<p><b>21</b> Pilates 11:30am – 12:30pm Aim for a Healthy Weight (TLC) 1:00 – 3:00pm Bariatric Support 3:30pm</p>	<p><b>22</b> TAI CHI 11:00am – 12:00pm Lactation Class 6:30 – 9:00pm</p>	<p><b>23</b> “DeBreathe” 10:00 – 11:00am Pilates 11:30am – 12:30pm <b>SHIPSHAPE #4 2:00 – 3:30pm</b> at Bremerton Commissary</p>	<p><b>24</b> TAI CHI 11:00 – 11:30am Lunchtime Yoga 11:45am - 12:30pm <b>SATURDAY 25<sup>th</sup>:</b> Childbirth Class 9:30am – 3:00pm</p>	
<p><b>27</b> Yoga Gentle Beginner 3:30pm Yoga Fitness 4:30 – 5:30pm</p>	<p><b>28</b> Pilates 11:30am – 12:30pm Success Strategies (TLC) 1:00 – 3:00pm Cancer Support 5:00pm</p>	<p><b>29</b> TAI CHI 11:00am – 12:00pm</p> 	<p><b>Classes are open to all DoD personnel &amp; military beneficiaries. TRICARE beneficiaries register by calling TRAC at 800-404-4506. Questions and registration for civilians please call the Wellness Center at 360-475-4541. No registration needed for Stress Workshop, TAI CHI, Yoga, “DeBreathe” and Pilates classes</b></p>	

## Naval Hospital Bremerton Health Promotion MARCH 2012 Classes and Resources for Healthy Living

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>March is National Nutrition Month</b></p> <p>Classes are open to all DoD personnel and military beneficiaries. TRICARE beneficiaries register by calling TRAC at 800-404-4506. Questions and registration for civilians please call the Wellness Center at 360-475-4541. No registration needed for Stress Workshop, TAI CHI, Yoga, "DeBreathe" and Pilates classes</p>			<p><b>1 "DeBreathe"</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30pm <b>Diabetes</b> Intro to Self Care 1:00 – 3:30pm <b>SHIPSHAPE #5</b> 2:00 – 3:30pm at Bremerton Fitness Center</p>	<p><b>2 TAI CHI</b> 11:00 – 11:30am <b>Lunchtime Yoga</b> 11:45am-12:30pm <b>Intro to Nutrition</b> 1:00 – 3:00pm</p>
<p><b>5 Yoga Gentle Beginner</b> 3:30pm <b>Yoga Fitness</b> 4:30 – 5:30pm</p> 	<p><b>6 Pilates</b> 11:30am – 12:30pm <b>Diabetes Prevention (TLC)</b> 4:30 – 6:00pm <b>Bariatric Support</b> 6:00pm</p>	<p><b>7 TAI CHI</b> 11:00am – 12:00pm <b>Stress Workshop</b> 2:00 – 4:00 pm <b>Healthy Shopping Tour @</b> NBK Bangor Commissary 1:00 – 2:30pm <b>Childbirth Class</b> 6:30 – 9:00pm</p>	<p><b>8 "DeBreathe"</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30 <b>Diabetes</b> Meal Planning 1:00 – 3:30pm <b>SHIPSHAPE #6</b> 2:00 – 3:30pm at Jackson Park Community Center</p>	<p><b>9 TAI CHI</b> 11:00 – 11:30am <b>Lunchtime Yoga</b> 11:45am-12:30pm</p>
<p><b>12 Diabetes Support</b> 12:30 – 2:00pm <b>Yoga Gentle Beginner</b> 3:30pm <b>Yoga Fitness</b> 4:30 – 5:30pm</p>	<p><b>13 Pilates</b> 11:30am – 12:30pm <b>Heart Healthy Living (TLC)</b> 4:30 – 6:30pm</p> 	<p><b>14 TAI CHI</b> 11am – 12:00pm <b>Fitness Center Orientation @</b> Bremerton Fitness Center 1:00 – 2:30pm <b>Childbirth Class</b> 6:30 – 9:00pm</p>	<p><b>15 "DeBreathe"</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30pm <b>Diabetes</b> Meds and More 1:00 – 3:30pm <b>SHIPSHAPE #7</b> 2:00 – 3:30pm Naval Hospital Wellness Center</p>	<p><b>16 TAI CHI</b> 11:00 – 11:30 <b>Lunchtime Yoga</b> 11:45am– 12:30pm <b>Intro to Nutrition</b> 1:00 – 3:00pm</p>
<p><b>19 Yoga Gentle Beginner</b> 3:30pm <b>Yoga Fitness</b> 4:30 – 5:30pm</p> 	<p><b>20 Pilates</b> 11:30am – 12:30pm <b>Aim for a Healthy Weight (TLC)</b> 4:30 – 6:30pm <b>Bariatric Support</b> 3:30pm</p>	<p><b>21 TAI CHI</b> 11:00am – 12:00pm <b>Healthy Cooking for Busy People</b> Jackson Park Community Center 1:00 – 2:30pm <b>Baby Basics Part 1</b> 4:30 –6:30pm</p>	<p><b>22 "DeBreathe"</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30pm <b>SHIPSHAPE #8</b> 2:00 – 3:30pm Naval Hospital Wellness Center <b>Child Car Seat Fitting</b> 2:30 – 5:00pm</p>	<p><b>23 TAI CHI</b> 11:00 – 11:30am <b>SATURDAY 24<sup>th</sup> :</b> <b>Childbirth Class</b> 9:30am – 3:00pm</p>
<p><b>26 Yoga Gentle Beginner</b> 3:30pm <b>Yoga Fitness</b> 4:30 – 5:30pm</p>	<p><b>27 Pilates</b> 11:30am – 12:30pm <b>Success Strategies (TLC)</b> 4:30 – 6:30pm <b>Cancer Support</b> 5:00pm</p>	<p><b>28 TAI CHI</b> 11:00am – 12:00pm <b>Baby Basics Part 2</b> 4:30 – 6:30pm <b>Lactation Class</b> 6:30 – 9:00pm</p>	<p><b>29 "DeBreathe"</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30pm</p>	<p><b>30 TAI CHI</b> 11:00 – 11:30am <b>Lunchtime Yoga</b> 11:45am - 12:30pm</p>

**Naval Hospital Bremerton Health Promotion APRIL 2012  
Classes and Resources for Healthy Living**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>Yoga Gentle Beginner</b> 3:30pm <b>Yoga Fitness</b> 4:30 – 5:30pm	<b>3</b> <b>Pilates</b> 11:30am – 12:30pm <b>Diabetes Prevention (TLC)</b> 1:00 – 3:30pm <b>Bariatric Support</b> 6:00pm	<b>4</b> <b>TAI CHI</b> 11:00am – 12:00pm <b>Stress Workshop</b> 2:00 – 4:00 pm <b>Healthy Shopping Tour @</b> NBK Bangor Commissary 4:30 – 6:00pm <b>Childbirth Class</b> 6:30 – 9:00pm	<b>5</b> <b>“DeBreathe”</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30pm <b>Diabetes</b> Intro to Self Care 4:30 – 7:00pm <b>National Alcohol Screening Day APRIL 5th</b>	<b>6</b> <b>TAI CHI</b> 11:00 – 11:30am <b>Lunchtime Yoga</b> 11:45am-12:30pm <b>Intro to Nutrition</b> 1:00 – 3:00pm
<b>9</b> <b>Diabetes Support</b> 12:30 – 2:00pm <b>Yoga Gentle Beginner</b> 3:30pm <b>Yoga Fitness</b> 4:30 – 5:30pm	<b>10</b> <b>Pilates</b> 11:30am – 12:30pm <b>Heart Healthy Living (TLC)</b> 1:00 – 3:00pm 	<b>11</b> <b>TAI CHI</b> 11am – 12:00pm <b>Fitness Center Orientation @</b> Bremerton Fitness Center 4:30 – 6:00pm <b>Childbirth Class</b> 6:30 – 9:00pm	<b>12</b> <b>“DeBreathe”</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30 <b>Diabetes</b> Meal Planning 4:30 – 7:00pm	<b>13</b> <b>TAI CHI</b> 11:00 – 11:30 <b>Lunchtime Yoga</b> 11:45am– 12:30pm <b>Bariatric Eating Class</b> 1:00 – 3:00pm
<b>16</b> <b>Yoga Gentle Beginner</b> 3:30pm <b>Yoga Fitness</b> 4:30 – 5:30pm 	<b>17</b> <b>Pilates</b> 11:30am – 12:30pm <b>Aim for a Healthy Weight (TLC)</b> 1:00 – 3:00pm <b>Bariatric Support</b> 3:30pm	<b>18</b> <b>TAI CHI</b> 11:00am – 12:00pm <b>Healthy Cooking for Busy People</b> Jackson Park Community Center 4:30 – 6:00pm <b>Childbirth Class</b> 6:30 – 9:00pm	<b>19</b> <b>“DeBreathe”</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30pm <b>Diabetes</b> Meds and More 4:30 – 7:00pm	<b>20</b> <b>TAI CHI</b> 11:00 – 11:30am <b>Lunchtime Yoga</b> 11:45am– 12:30pm <b>Intro to Nutrition</b> 1:00 -3:00pm
<b>23</b> <b>Yoga Gentle Beginner</b> 3:30pm <b>Yoga Fitness</b> 4:30 – 5:30pm	<b>24</b> <b>Pilates</b> 11:30am – 12:30pm <b>Success Strategies (TLC)</b> 1:00 – 3:00pm <b>Cancer Support</b> 5:00pm	<b>25</b> <b>TAI CHI</b> 11:00am – 12:00pm <b>Lactation Class</b> 6:30 – 9:00pm	<b>26</b> <b>“DeBreathe”</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30pm	<b>27</b> <b>TAI CHI</b> 11:00 – 11:30am <b>Lunchtime Yoga</b> 11:45am - 12:30pm <b>SATURDAY:</b> <b>Childbirth Class</b> 9:30am – 3:00pm
<b>30</b> <b>Yoga Gentle Beginner</b> 3:30pm <b>Yoga Fitness</b> 4:30 – 5:30pm	<p align="center"> <b>Classes are open to all DoD personnel and military beneficiaries.</b>  <b>TRICARE beneficiaries register by calling TRAC at 800-404-4506.</b>  <b>Questions and registration for civilians please call the Wellness Center at 360-475-4541.</b>  <b>No registration needed for Stress Workshop, TAI CHI, Yoga, “DeBreathe” and Pilates classes</b> </p>			



**“Do You Know Your Drinking IQ?”**  
[www.militarymentalhealth.org](http://www.militarymentalhealth.org)

## Naval Hospital Bremerton Health Promotion MAY 2012

### Classes and Resources for Healthy Living

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1 Pilates</b> 11:30am – 12:30pm <b>Diabetes Prevention (TLC)</b> 4:30 – 6:00pm <b>Bariatric Support</b> 6:00pm	<b>2 TAI CHI</b> 11:00am – 12:00pm <b>Stress Workshop</b> 2:00 – 4:00 pm <b>Healthy Shopping Tour @</b> NBK Bangor Commissary* 1:00 – 2:30pm <b>Childbirth Class</b> 6:30 – 9:00pm	<b>3 “DeBreathe”</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30pm <b>Diabetes Intro to Self Care</b> 1:00 – 3:30pm	<b>4 TAI CHI</b> 11:00 – 11:30am <b>Lunchtime Yoga</b> 11:45am-12:30pm <b>Intro to Nutrition</b> 1:00 – 3:00pm
<b>7</b> <b>Yoga Gentle Beginner</b> 3:30pm <b>Yoga Fitness</b> 4:30 – 5:30pm	<b>8 Pilates</b> 11:30am – 12:30pm <b>Heart Healthy Living (TLC)</b> 4:30 – 6:30pm 	<b>9 TAI CHI</b> 11am – 12:00pm <b>Fitness Center Orientation @</b> Bremerton Fitness Center 1:00 – 2:30pm <b>Childbirth Class</b> 6:30 – 9:00pm	<b>10 “DeBreathe”</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30 <b>Diabetes Meal Planning</b> 1:00 – 3:30pm	<b>11 TAI CHI</b> 11:00 – 11:30 <b>Lunchtime Yoga</b> 11:45am– 12:30pm
<b>14</b> <b>Diabetes Support</b> 12:30 – 2:00pm <b>Yoga Gentle Beginner</b> 3:30pm <b>Yoga Fitness</b> 4:30 – 5:30pm 	<b>15 Pilates</b> 11:30am – 12:30pm <b>Bariatric Support</b> 3:30pm <b>Aim for a Healthy Weight (TLC)</b> 4:30 – 6:30pm	<b>16 TAI CHI</b> 11:00am – 12:00pm <b>Healthy Cooking for Busy People</b> Jackson Park Community Center 1:00 – 2:30pm <b>Baby Basics Part 1</b> 4:30 – 6:30pm <b>Childbirth Class</b> 6:30 – 9:00pm	<b>17 “DeBreathe”</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30pm <b>Diabetes Meds and More</b> 1:00 – 3:30pm	<b>18 TAI CHI</b> 11:00 – 11:30am <b>Lunchtime Yoga</b> 11:45am– 12:30pm <b>Intro to Nutrition</b> 1:00 -3:00pm <b style="color: green;">Bike to Work Day 2012</b> <b>SATURDAY 19<sup>th</sup>:</b> <b>Childbirth Class</b> 9:30am – 3:00pm
<b>21</b> <b>Yoga Gentle Beginner</b> 3:30pm <b>Yoga Fitness</b> 4:30 – 5:30pm	<b>22 Pilates</b> 11:30am – 12:30pm <b>Success Strategies (TLC)</b> 4:30– 6:00pm	<b>23 TAI CHI</b> 11:00am – 12:00pm <b>Baby Basics Part 2</b> 4:30 – 6:30pm <b>Lactation Class</b> 6:30 – 9:00pm	<b>24 “DeBreathe”</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30pm <b>Child Car Seat Fitting</b> 2:30 – 5:00pm	<b>25 TAI CHI</b> 11:00 – 11:30am <b>Lunchtime Yoga</b> 11:45am - 12:30pm
<b>HOLIDAY</b>  <b>MEMORIAL DAY</b>	<b>29</b> <b>Pilates</b> 11:30am – 12:30pm <b>Cancer Support</b> 5:00pm	<b>30</b> <b>TAI CHI</b> 11:00am – 12:00pm	<b>31 “DeBreathe”</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30pm	

## Naval Hospital Bremerton Health Promotion JUNE 2012 Classes and Resources for Healthy Living

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Classes are open to all DoD personnel and military beneficiaries.

TRICARE beneficiaries register by calling TRAC at 800-404-4506.

Questions and registration for civilians please call the Wellness Center at 360-475-4541.

No registration needed for Stress Workshop, TAI CHI, Yoga, "DeBreathe" and Pilates classes



<p><b>4</b> Yoga Gentle Beginner 3:30pm Yoga Fitness 4:30 – 5:30pm</p>	<p><b>5</b> Pilates 11:30am – 12:30pm Diabetes Prevention (TLC) 1:00 – 3:00pm Bariatric Support 6:00pm</p>	<p><b>6</b> TAI CHI 11:00am – 12:00pm Stress Workshop 2:00 – 4:00 pm Healthy Shopping Tour @ NBK Bangor Commissary 4:30 – 6:00 Childbirth Class 6:30 – 9:00pm</p>	<p><b>7</b> "DeBreathe" 10:00 – 11:00am Pilates 11:30am – 12:30pm Diabetes Intro to Self Care 4:30 – 7:00pm</p>	<p><b>1</b> TAI CHI 11:00 – 11:30am Lunchtime Yoga 11:45am-12:30pm Intro to Nutrition 1:00 – 3:00pm</p>
<p><b>11</b> Diabetes Support 12:30 – 2:00pm Yoga Gentle Beginner 3:30pm Yoga Fitness 4:30 – 5:30pm</p>	<p><b>12</b> Pilates 11:30am – 12:30pm Heart Healthy Living (TLC)* 1:00 – 3:00pm</p> 	<p><b>13</b> TAI CHI 11am – 12:00pm Fitness Center Orientation @ Bremerton Fitness Center 4:30 – 6:00 Childbirth Class 6:30 – 9:00pm</p>	<p><b>14</b> "DeBreathe" 10:00 – 11:00am Pilates 11:30am – 12:30 Diabetes Meal Planning 4:30 – 7:00pm</p>	<p><b>8</b> TAI CHI 11:00 – 11:30am Lunchtime Yoga 11:45am-12:30pm Bariatric Eating Class 1:00 – 3:00pm</p>
<p><b>18</b> Yoga Gentle Beginner 3:30pm Yoga Fitness 4:30 – 5:30pm</p> 	<p><b>19</b> Pilates 11:30am – 12:30pm Aim for a Healthy Weight (TLC) 1:00 – 3:00pm Bariatric Support 3:30pm</p>	<p><b>20</b> TAI CHI 11:00am – 12:00pm Healthy Cooking for Busy People Jackson Park Community Center 4:30 – 6:00 Childbirth Class 6:30 – 9:00pm</p>	<p><b>21</b> "DeBreathe" 10:00 – 11:00am Pilates 11:30am – 12:30pm Diabetes Meds and More 4:30 – 7:00pm</p>	<p><b>15</b> TAI CHI 11:00 – 11:30 Lunchtime Yoga 11:45am– 12:30pm Intro to Nutrition 1:00 – 3:00pm</p>
<p><b>25</b> Yoga Gentle Beginner 3:30pm Yoga Fitness 4:30 – 5:30pm</p>	<p><b>26</b> Pilates 11:30am – 12:30pm Success Strategies (TLC) 1:00 – 3:00pm Cancer Support 5:00pm</p>	<p><b>27</b> TAI CHI 11:00am – 12:00pm Lactation Class 6:30 – 9:00pm</p>	<p><b>28</b> "DeBreathe" 10:00 – 11:00am Pilates 11:30am – 12:30pm</p>	<p><b>22</b> TAI CHI 11:00 – 11:30am Lunchtime Yoga 11:45am – 12:30pm <b>SATURDAY 23rd:</b> Childbirth Class 9:30am – 3:00pm</p>

**Naval Hospital Bremerton Health Promotion JULY 2012**  
**Classes and Resources for Healthy Living**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2 Yoga Gentle Beginner</b> 3:30pm <b>Yoga Fitness</b> 4:30 – 5:30pm	<b>3 Pilates</b> 11:30am – 12:30pm <b>Diabetes Prevention (TLC)</b> 4:30 – 6:00pm <b>Bariatric Support</b> 6:00pm	<b>HOLIDAY</b>  <b>Independence Day</b>	<b>5 “DeBreathe”</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30pm <b>Diabetes Intro to Self Care</b> 1:00 – 3:30pm <b>Childbirth Class</b> 6:30 – 9pm	<b>6 TAI CHI</b> 11:00 – 11:30am <b>Lunchtime Yoga</b> 11:45am-12:30pm <b>Intro to Nutrition</b> 1:00 – 3:00pm
<b>9 Diabetes Support</b> 12:30 – 2:00pm <b>Yoga Gentle Beginner</b> 3:30pm <b>Yoga Fitness</b> 4:30 – 5:30pm	<b>10 Pilates</b> 11:30am – 12:30pm <b>Heart Healthy Living (TLC)</b> 4:30 – 6:30pm 	<b>11 TAI CHI</b> 11am – 12:00pm <b>Healthy Shopping Tour at NBK</b> <b>Bangor Commissary</b> 1:00 – 2:30pm <b>Stress Workshop</b> 2pm – 4pm <b>Childbirth Class</b> 6:30 – 9:00pm	<b>12 “DeBreathe”</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30 <b>Diabetes Meal Planning</b> 1:00 – 3:30pm	<b>13 TAI CHI</b> 11:00 – 11:30 <b>Lunchtime Yoga</b> 11:45am– 12:30pm
<b>16 Yoga Gentle Beginner</b> 3:30pm <b>Yoga Fitness</b> 4:30 – 5:30pm 	<b>17 Pilates</b> 11:30am – 12:30pm <b>Bariatric Support</b> 3:30pm <b>Aim for a Healthy Weight (TLC)</b> 4:30 – 6:30pm	<b>18 TAI CHI</b> 11:00am – 12:00pm <b>Fitness Center Orientation @</b> <b>Bremerton Fitness Center</b> 1:00 – 2:30pm <b>Baby Basics Part 1</b> 4:30 – 6:30pm <b>Childbirth Class</b> 6:30 – 9:00pm	<b>19 “DeBreathe”</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30pm <b>Diabetes Meds and More</b> 1:00 – 3:30pm	<b>20 TAI CHI</b> 11:00 – 11:30am <b>Lunchtime Yoga</b> 11:45am– 12:30pm <b>Intro to Nutrition</b> 1:00 -3:00pm 
<b>23 Yoga Gentle Beginner</b> 3:30pm <b>Yoga Fitness</b> 4:30 – 5:30pm	<b>24 Pilates</b> 11:30am – 12:30pm <b>Success Strategies (TLC)</b> 4:30 – 6:30pm	<b>25 TAI CHI</b> 11:00am – 12:00pm <b>Healthy Cooking for Busy People</b> <b>Jackson Park Community Center</b> 1:00 – 2:30pm <b>Baby Basics Part 2</b> 4:30 – 6:30pm <b>Childbirth Class</b> 6:30 – 9:00pm	<b>26 “DeBreathe”</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30pm <b>Child Car Seat Fitting</b> 2:30 – 5:00pm	<b>27 TAI CHI</b> 11:00 – 11:30am <b>Lunchtime Yoga</b> 11:45am - 12:30pm <b>SATURDAY 28<sup>th</sup>:</b> <b>Childbirth Class</b> 9:30am – 3:00pm
<b>30 Yoga Gentle Beginner</b> 3:30pm <b>Yoga Fitness</b> 4:30 – 5:30pm	<b>31 Pilates</b> 11:30am – 12:30pm <b>Cancer Support</b> 5:00pm	<b>Classes are open to all DoD personnel and military beneficiaries.</b> <b>TRICARE beneficiaries register by calling TRAC at 800-404-4506.</b> <b>Questions and registration for civilians please call the Wellness Center at 360-475-4541.</b> <b>No registration needed for Stress Workshop, TAI CHI, Yoga, “DeBreathe” and Pilates classes</b>		

**Naval Hospital Bremerton Health Promotion AUGUST 2012**  
**Classes and Resources for Healthy Living**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Classes are open to DoD personnel &amp; military beneficiaries, TRICARE beneficiaries register by calling TRICARE Appointments at 800-404-4506.</b></p> <p><b>Questions and registration for civilians please call the Wellness Center at 360-475-4541.</b></p> <p><b>No registration needed for Stress Workshop, TAI CHI, Yoga, "DeBreathe" and Pilates classes</b></p>		<p><b>1 TAI CHI</b> 11:00am – 12:00pm  <b>Stress Workshop</b> 2:00 – 4:00 pm  <b>Healthy Shopping Tour @</b> NBK Bangor Commissary 4:30 – 6:00pm  <b>Lactation Class:</b> 6:30 – 9:00pm</p>	<p><b>2 "DeBreathe"</b> 10:00 – 11:00am  <b>Pilates</b> 11:30am – 12:30pm</p> 	<p><b>3 TAI CHI</b> 11:00 – 11:30am  <b>Lunchtime Yoga</b> 11:45am-12:30pm  <b>Intro to Nutrition</b> 1:00 – 3:00pm</p>
<p><b>6</b>  <b>Yoga Gentle Beginner</b> 3:30pm  <b>Yoga Fitness</b> 4:30 – 5:30pm</p>	<p><b>7 Pilates</b> 11:30am – 12:30pm  <b>Diabetes Prevention (TLC)</b> 1:00 – 3:00pm    <b>Bariatric Support</b> 6:00pm</p>	<p><b>8 TAI CHI</b> 11am – 12:00pm  <b>Fitness Center Orientation @</b> Bremerton Fitness Center 4:30 – 6:00pm  <b>Childbirth Class</b> 6:30 – 9:00pm</p>	<p><b>9 "DeBreathe"</b> 10:00 – 11:00am  <b>Pilates</b> 11:30am – 12:30</p>	<p><b>10 TAI CHI</b> 11:00 – 11:30  <b>Lunchtime Yoga</b> 11:45am– 12:30pm  <b>Bariatric Eating Class</b> 1:00 – 3:00pm</p>
<p><b>13</b>  <b>Diabetes Support</b> 12:30 – 2:00pm  <b>Yoga Gentle Beginner</b> 3:30pm  <b>Yoga Fitness</b> 4:30 – 5:30pm</p> 	<p><b>14 Pilates</b> 11:30am – 12:30pm  <b>Heart Healthy Living (TLC)</b> 1:00 – 3:00pm</p>	<p><b>15 TAI CHI</b> 11:00am – 12:00pm  <b>Healthy Cooking for Busy People</b> Jackson Park Community Center 4:30 – 6:00pm  <b>Childbirth Class</b> 6:30 – 9:00pm</p>	<p><b>16 "DeBreathe"</b> 10:00 – 11:00am  <b>Pilates</b> 11:30am – 12:30pm</p>	<p><b>17 TAI CHI</b> 11:00 – 11:30am  <b>Lunchtime Yoga</b> 11:45am– 12:30pm  <b>Intro to Nutrition</b> 1:00 -3:00pm</p>
<p><b>20 Yoga Gentle Beginner</b> 3:30pm  <b>Yoga Fitness</b> 4:30 – 5:30pm</p>	<p><b>21 Pilates</b> 11:30am – 12:30pm  <b>Aim for a Healthy Weight (TLC)</b> 1:00 – 3:00pm  <b>Bariatric Support</b> 3:30pm</p>	<p><b>22 TAI CHI</b> 11:00am – 12:00pm  <b>Lactation Class</b> 6:30 – 9:00pm</p>	<p><b>23 "DeBreathe"</b> 10:00 – 11:00am  <b>Pilates</b> 11:30am – 12:30pm</p>	<p><b>24 TAI CHI</b> 11:00 – 11:30am  <b>Lunchtime Yoga</b> 11:45am - 12:30pm  <b>SATURDAY 25<sup>th</sup>:</b>  <b>Childbirth Class</b> 9:30am – 3:00pm</p>
<p><b>27</b>  <b>Yoga Gentle Beginner</b> 3:30pm  <b>Yoga Fitness</b> 4:30 – 5:30pm</p>	<p><b>28 Pilates</b> 11:30am – 12:30pm  <b>Success Strategies (TLC)</b> 1:00 – 3:00pm  <b>Cancer Support</b> 5:00pm</p>	<p><b>29 TAI CHI</b> 11:00am – 12:00pm  <b>Childbirth Class</b> 6:30 – 9:00pm</p>	<p><b>30 "DeBreathe"</b> 10:00 – 11:00am  <b>Pilates</b> 11:30am – 12:30pm</p>	<p><b>31 TAI CHI</b> 11:00 – 11:30am  <b>Lunchtime Yoga</b> 11:45am - 12:30pm</p>

**Naval Hospital Bremerton Health Promotion SEPTEMBER 2012**  
**Classes and Resources for Healthy Living**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>  <b>HOLIDAY</b>	<b>4 Pilates</b> 11:30am – 12:30pm <b>Diabetes Prevention (TLC)</b> 4:30 – 6:00pm <b>Bariatric Support</b> 6:00pm	<b>5 TAI CHI</b> 11:00am – 12:00pm <b>Stress Workshop</b> 2:00 – 4:00 pm <b>Healthy Shopping Tour @</b> NBK Bangor Commissary 1:00 – 2:30pm <b>Childbirth Class</b> 6:30 – 9:00pm	<b>6 “DeBreathe”</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30pm <b>Diabetes</b> Intro to Self Care 1:00 – 3:30pm	<b>7 TAI CHI</b> 11:00 – 11:30am <b>Lunchtime Yoga</b> 11:45am-12:30pm <b>Intro to Nutrition</b> 1:00 – 3:00pm
<b>10</b> <b>Diabetes Support</b> 12:30 – 2:00pm <b>Yoga Gentle Beginner</b> 3:30pm <b>Yoga Fitness</b> 4:30 – 5:30pm	<b>11 Pilates</b> 11:30am – 12:30pm <b>Heart Healthy Living (TLC)</b> 4:30 – 6:30pm 	<b>12 TAI CHI</b> 11am – 12:00pm <b>Fitness Center Orientation @</b> Bremerton Fitness Center 1:00 – 2:30pm <b>Childbirth Class</b> 6:30 – 9:00pm	<b>13 “DeBreathe”</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30 <b>Diabetes</b> Meal Planning 1:00 – 3:30pm	<b>14 TAI CHI</b> 11:00 – 11:30 <b>Lunchtime Yoga</b> 11:45am– 12:30pm
<b>17</b> <b>Yoga Gentle Beginner</b> 3:30pm <b>Yoga Fitness</b> 4:30 – 5:30pm 	<b>18 Pilates</b> 11:30am – 12:30pm <b>Aim for a Healthy Weight (TLC)</b> 4:30 – 6:30pm <b>Bariatric Support</b> 3:30pm	<b>19 TAI CHI</b> 11:00am – 12:00pm <b>Healthy Cooking for Busy People</b> Jackson Park Community Center 1:00 – 2:30pm <b>Baby Basics Part 1</b> 4:30 – 6:30pm <b>Childbirth Class</b> 6:30 – 9:00pm	<b>20 “DeBreathe”</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30pm <b>Diabetes</b> Meds and More 1:00 – 3:30pm	<b>21 TAI CHI</b> 11:00 – 11:30am <b>Lunchtime Yoga</b> 11:45am– 12:30pm <b>Intro to Nutrition</b> 1:00 -3:00pm <b>SATURDAY 22<sup>nd</sup>:</b> <b>Childbirth Class</b> 9:30am – 3:00pm
<b>24</b> <b>Yoga Gentle Beginner</b> 3:30pm <b>Yoga Fitness</b> 4:30 – 5:30pm	<b>25 Pilates</b> 11:30am – 12:30pm <b>Success Strategies (TLC)</b> 4:30 – 6:30pm <b>Cancer Support</b> 5:00pm	<b>26 TAI CHI</b> 11:00am – 12:00pm <b>Baby Basics Part 2</b> 4:30 – 6:30pm <b>Lactation Class</b> 6:30 – 9:00pm	<b>27 “DeBreathe”</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30pm <b>Child Car Seat Fitting</b> 2:30 – 5:00pm	<b>28 TAI CHI</b> 11:00 – 11:30am <b>Lunchtime Yoga</b> 11:45am - 12:30pm

Classes are open to all DoD personnel and military beneficiaries. TRICARE beneficiaries register by calling TRAC at 800-404-4506. Questions and registration for civilians please call the Wellness Center at 360-475-4541. No registration needed for Stress Workshop, TAI CHI, Yoga, “DeBreathe” and Pilates classes.



**Naval Hospital Bremerton Health Promotion OCTOBER 2012  
Classes and Resources for Healthy Living**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Yoga Gentle Beginner 3:30pm Yoga Fitness 4:30 – 5:30pm	<b>2 Pilates</b> 11:30am – 12:30pm <b>Diabetes Prevention (TLC)</b> 1:00 – 3:00pm <b>Bariatric Support</b> 6:00pm	<b>3 TAI CHI</b> 11:00am – 12:00pm <b>Stress Workshop</b> 2:00 – 4:00 pm <b>Healthy Shopping Tour @</b> NBK Bangor Commissary 4:30 – 6pm <b>Childbirth Class</b> 6:30 – 9:00pm	<b>4 “DeBreathe”</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30pm <b>Diabetes</b> Intro to Self Care 4:30 – 7:00pm	<b>5 TAI CHI</b> 11:00 – 11:30am <b>Lunchtime Yoga</b> 11:45am-12:30pm <b>Intro to Nutrition</b> 1:00 – 3:00pm
<b>8</b>  <b>HOLIDAY</b>	<b>9 Pilates</b> 11:30am – 12:30pm <b>Heart Healthy Living (TLC)</b> 1:00 – 3:00pm 	<b>10 TAI CHI</b> 11am – 12:00pm <b>Fitness Center Orientation @</b> Bremerton Fitness Center 4:30 – 6pm <b>Childbirth Class</b> 6:30 – 9:00pm	<b>11 “DeBreathe”</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30 <b>Diabetes</b> Meal Planning 4:30 – 7:00pm	<b>12 TAI CHI</b> 11:00 – 11:30 <b>Lunchtime Yoga</b> 11:45am– 12:30pm <b>Bariatric Eating Class</b> 1:00 – 3:00pm
<b>15</b> <b>Diabetes Support</b> 12:30 – 2:00pm <b>Yoga Gentle Beginner</b> 3:30pm <b>Yoga Fitness</b> 4:30 – 5:30pm 	<b>16 Pilates</b> 11:30am – 12:30pm <b>Aim for a Healthy Weight (TLC)</b> 1:00 – 3:00pm <b>Bariatric Support</b> 3:30pm	<b>17 TAI CHI</b> 11:00am – 12:00pm <b>Healthy Cooking for Busy People</b> Jackson Park Community Center 4:30 – 6pm <b>Childbirth Class</b> 6:30 – 9:00pm	<b>18 “DeBreathe”</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30pm <b>Diabetes</b> Meds and More 4:30 – 7:00pm	<b>19 TAI CHI</b> 11:00 – 11:30am <b>Lunchtime Yoga</b> 11:45am– 12:30pm <b>Intro to Nutrition</b> 1:00 -3:00pm <b>SATURDAY 20th:</b> <b>Childbirth Class</b> 9:30am – 3:00pm
<b>22</b> <b>Yoga Gentle Beginner</b> 3:30pm <b>Yoga Fitness</b> 4:30 – 5:30pm	<b>23</b> <b>Pilates</b> 11:30am – 12:30pm <b>Success Strategies (TLC)</b> 1:00 – 3:00pm	<b>24</b> <b>TAI CHI</b> 11:00am – 12:00pm <b>Lactation Class</b> 6:30 – 9:00pm	<b>25</b> <b>“DeBreathe”</b> 10:00 – 11:00am <b>Pilates</b> 11:30am – 12:30pm	<b>26</b> <b>TAI CHI</b> 11:00 – 11:30am <b>Lunchtime Yoga</b> 11:45am - 12:30pm
<b>29</b> <b>Yoga Gentle Beginner</b> 3:30pm <b>Yoga Fitness</b> 4:30 – 5:30pm	<b>30 Pilates</b> 11:30am – 12:30pm <b>Cancer Support</b> 5:00pm	<b>31</b> <b>TAI CHI</b> 11:00am – 12:00pm 	<b>Classes are open to all DoD personnel &amp; military beneficiaries. TRICARE beneficiaries register by calling TRAC at 800-404-4506. Questions and registration for civilians please call the Wellness Center at 360-475-4541. No registration needed for Stress Workshop, TAI CHI, Yoga, “DeBreathe” and Pilates classes</b>	

**Naval Hospital Bremerton Health Promotion NOVEMBER 2012**  
**Classes and Resources for Healthy Living**

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">Classes are open to all DoD personnel and military beneficiaries.            TRICARE beneficiaries register by calling TRAC at 800-404-4506.            Questions and registration for civilians please call the Wellness Center at 360-475-4541.            No registration needed for Stress Workshop, TAI CHI, Yoga, "DeBreathe" and Pilates classes</p>			<p><b>1</b> "DeBreathe" 10:00 – 11:00am            Pilates 11:30am – 12:30pm            Diabetes Intro to Self Care 1:00 – 3:30pm</p>	<p><b>2</b> TAI CHI 11:00 – 11:30am            Lunchtime Yoga 11:45am-12:30pm            Intro to Nutrition 1:00 – 3:00pm</p>
<p><b>5</b>            Yoga Gentle Beginner 3:30pm            Yoga Fitness 4:30 – 5:30pm</p>	<p><b>6</b> Pilates 11:30am – 12:30pm            Diabetes Prevention (TLC) 4:30 – 6:00pm            Bariatric Support 6:00pm</p>	<p><b>7</b> TAI CHI 11:00am – 12:00pm            Healthy Shopping Tour @ NBK Bangor Commissary 1:00 -3:30pm            Stress Workshop 2:00 – 4:00 pm            Childbirth Class 6:30 – 9:00pm</p>	<p><b>8</b> "DeBreathe" 10:00 – 11:00am            Pilates 11:30am – 12:30pm            Diabetes Meal Planning 1:00 – 3:30pm</p>	<p><b>9</b>            TAI CHI 11:00 – 11:30am            Lunchtime Yoga 11:45am-12:30pm</p>
<p align="center"><b>12</b>  <b>HOLIDAY</b>  <b>Veteran's Day</b></p>	<p><b>13</b> Pilates 11:30am – 12:30pm            Heart Healthy Living (TLC) 4:30 – 6:30pm</p> 	<p><b>14</b> TAI CHI 11am – 12:00pm            Fitness Center Orientation @ Bremerton Fitness Center 1:00 – 3:30pm            Baby Basics Part 1 (due to holiday) 4:30 – 6:30pm            Childbirth Class 6:30 – 9:00pm</p>	<p><b>15</b> "DeBreathe" 10:00 – 11:00am            Pilates 11:30am – 12:30            Diabetes Meds and More 1:00 – 3:30pm</p>	<p><b>16</b> TAI CHI 11:00 – 11:30            Lunchtime Yoga 11:45am– 12:30pm            Intro to Nutrition 1:00 -3:00pm  <b>SATURDAY 17<sup>th</sup>:</b>            Childbirth Class 9:30am – 3:00pm</p>
<p><b>19</b>            Diabetes Support 12:30 – 2:00pm            Yoga Gentle Beginner 3:30pm            Yoga Fitness 4:30 – 5:30pm</p> 	<p><b>20</b> Pilates 11:30am – 12:30pm            Bariatric Support 3:30pm            Aim for a Healthy Weight (TLC) 4:30 – 6:30pm</p>	<p><b>21</b> TAI CHI 11:00am – 12:00pm            Healthy Cooking for Busy People Jackson Park Community Center 1:00 – 3:30pm</p>	<p align="center"><b>22</b>  <b>HOLIDAY</b>  <b>Happy Thanksgiving</b></p>	<p><b>23</b>            TAI CHI 11:00 – 11:30am            Lunchtime Yoga 11:45am– 12:30pm</p>
<p><b>26</b>            Yoga Gentle Beginner 3:30pm            Yoga Fitness 4:30 – 5:30pm</p>	<p><b>27</b> Pilates 11:30am – 12:30pm            Success Strategies (TLC) 4:30 – 6:30pm            Cancer Support 5:00pm</p>	<p><b>28</b>            TAI CHI 11:00am – 12:00pm            Baby Basics Part 2 4:30 – 6:30pm            Childbirth Class 6:30 – 9:00pm</p>	<p><b>29</b>            "DeBreathe" 10:00 – 11:00am            Pilates 11:30am – 12:30pm            Car Seat Fitting 2:30 – 5:00pm</p>	<p><b>30</b>            TAI CHI 11:00 – 11:30am            Lunchtime Yoga 11:45am - 12:30pm</p>

## Naval Hospital Bremerton Health Promotion DECEMBER 2012

### Classes and Resources for Healthy Living

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Yoga Gentle Beginner 3:30pm Yoga Fitness 4:30 – 5:30pm	<b>4 Pilates</b> 11:30am – 12:30pm <b>Diabetes Prevention (TLC)</b> 1:00 – 3:00pm <b>Bariatric Support</b> 6:00pm	<b>5 TAI CHI</b> 11:00am – 12:00pm <b>Stress Workshop</b> 2:00 – 4:00 pm <b>Healthy Shopping Tour @</b> NBK Bangor Commissary 4:30 – 6:00pm <b>Lactation Class</b> 6:30 – 9:00pm	<b>6</b> “DeBreathe” 10:00 – 11:00am Pilates 11:30am – 12:30pm	<b>7 TAI CHI</b> 11:00 – 11:30am <b>Lunchtime Yoga</b> 11:45am-12:30pm <b>Intro to Nutrition</b> 1:00 – 3:00pm
<b>10</b> Diabetes Support 12:30 – 2:00pm Yoga Gentle Beginner 3:30pm Yoga Fitness 4:30 – 5:30pm	<b>11 Pilates</b> 11:30am – 12:30pm <b>Heart Healthy Living (TLC)</b> 1:00 – 3:00pm 	<b>12 TAI CHI</b> 11am – 12:00pm <b>Fitness Center Orientation @</b> Bremerton Fitness Center 4:30 – 6:00pm	<b>13</b> “DeBreathe” 10:00 – 11:00am Pilates 11:30am – 12:30	<b>14 TAI CHI</b> 11:00 – 11:30 <b>Lunchtime Yoga</b> 11:45am– 12:30pm <b>Bariatric Eating Class</b> 1:00 – 3:00pm
<b>17</b> Yoga Gentle Beginner 3:30pm Yoga Fitness 4:30 – 5:30pm 	<b>18</b> Pilates 11:30am – 12:30pm <b>Aim for a Healthy Weight (TLC)</b> 1:00 – 3:00pm <b>Bariatric Support</b> 3:30pm	<b>19 TAI CHI</b> 11:00am – 12:00pm <b>Healthy Cooking for Busy People</b> Jackson Park Community Center 4:30 – 6:00pm	<b>20</b> “DeBreathe” 10:00 – 11:00am Pilates 11:30am – 12:30pm	<b>21 TAI CHI</b> 11:00 – 11:30am <b>Lunchtime Yoga</b> 11:45am– 12:30pm <b>Intro to Nutrition</b> 1:00 -3:00pm
<b>24</b> Yoga Gentle Beginner 3:30pm Yoga Fitness 4:30 – 5:30pm	<b>25</b> <b>Merry Christmas</b>	<b>26</b> TAI CHI 11:00am – 12:00pm <b>Success Strategies</b> 1:00 – 3:00pm	<b>27</b> “DeBreathe” 10:00 – 11:00am Pilates 11:30am – 12:30pm	<b>28</b> TAI CHI 11:00 – 11:30am <b>Lunchtime Yoga</b> 11:45am - 12:30pm No Saturday Childbirth Class in December
<b>31</b> <b>HAPPY NEW YEAR</b>	Classes are open to all DoD personnel and military beneficiaries. TRICARE beneficiaries register by calling TRAC at 800-404-4506. Questions and registration for civilians please call the Wellness Center at 360-475-4541. No registration needed for Stress Workshop, TAI CHI, Yoga, “DeBreathe” and Pilates classes			

