

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 3rd and 4th 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 one Saturday each month. A lactation class is held on the 4th 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 4th 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.