

December 2016

NAVAL HOSPITAL BREMERTON

WELLNESS CENTER CLASS SCHEDULE

Mon	Tue	Wed	Thu	Fri
<p>Impaired driving prevention—In the US, approximately 30 people die per day in crashes that involve alcohol-impaired drivers. Even at levels below the legal limit, alcohol can seriously impair judgment and coordination as well as slow reaction time. Drugged driving is also becoming a serious issue because drugs, even when prescribed by a medical provider, can have similar negative effects to alcohol such as impaired judgment, perception, and motor skills. We hope you have a safe and accident free Holiday Season!</p>			<p>1 OB/GYN Intake: 9-10am Diabetes Basics: 1-3</p>	<p>2 Small Steps, Big Rewards 10-11 am Step Aerobics 11am-12pm Intro to Nutrition: 1-3pm</p> 
<p>5 Step Aerobics 11am-12pm SHIPSHAPE for Weight Loss 1-2pm Yoga 3:30-4:30 pm (room 7103) Healthy Steps 4:30-5pm</p>	<p>6 Healthy Shopping: 1-3pm (held at Bangor Commissary)</p>	<p>7 Prenatal Nutrition: 9-10am Gestational Diabetes: 10-11am Step Aerobics 11am-12pm Heart Healthy Living: 1-3pm</p>	<p>8 OB/GYN Intake: 9-10am Diabetes Healthy Eating: 1-3pm</p>	<p>9 Step Aerobics 11am-12pm Bariatric Eating 1-3pm</p> 
<p>12 Step Aerobics 11am-12pm Diabetes Updates:12:30-2pm RM1401D SHIPSHAPE for Weight Loss 1-2pm Yoga 3:30-4:30 pm (room 7103)</p>	<p>13 Healthy Habits: 1-3pm</p> 	<p>14 Step Aerobics 11am-12pm Meal Planning/Makeovers: 1-3pm</p>	<p>15 OB/GYN Intake: 9-10am Diabetes Monitoring: 1-3</p>	<p>16 Intro to Nutrition: 9-11am Step Aerobics 11am-12pm</p> <p>Sat 17th: Childbirth Class 8:30-5:00</p>
<p>19 Step Aerobics 11am-12pm SHIPSHAPE for Weight Loss 1-2pm Yoga 3:30-4:30 pm (room 7103) Healthy Steps 4:30-5pm</p>	<p>20 Fitness Planning: 1-3pm (held at Bremerton Gym)</p>	<p>21 Gestational Diabetes: 10-11am Step Aerobics 11am-12pm</p>	<p>22 OB/GYN Intake: 9-10am Diabetes Meds and More: 1-3</p>	<p>23 Small Steps, Big Rewards 10-11am Step Aerobics 11am-12pm</p>
<p>26</p> 	<p>27 Gestational Diabetes: 10-11am SHIPSHAPE for Weight Loss 1-2pm</p>	<p>28 Step Aerobics 11am-12pm</p>	<p>29 OB/GYN Intake: 9-10am</p> 	<p>30 Small Steps, Big Rewards 10-11am Step Aerobics 11am-12pm</p>

For appointments, call Puget Sound Military Appointing Center at (800) 404-4506
For information, call (360) 475-4541

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



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