

January 2017

NAVAL HOSPITAL BREMERTON

WELLNESS CENTER CLASS SCHEDULE

Mon	Tue	Wed	Thu	Fri
<p>2</p> 	<p>3</p> <p>SHIPSHAPE: 9-11am Prevent T2 (WK 1) 1-2pm Prenatal Nutrition: 9-10am (1401D) Gestational Diabetes: 10-11am</p>	<p>4</p> <p>SHIPSHAPE: Nutrition 9-10am</p>	<p>5</p> <p>OB/GYN Intake 9-10am Prevent T2 (WK17) 1-2pm RM1401D Diabetes Basics 1-3pm</p>	<p>6</p> <p>Intro to Nutrition 1-3pm</p>
<p>9</p> <p>SHIPSHAPE: Nutrition 1-2pm Yoga 3:30-4:30pm (5024) Childbirth Class: 3:30-6pm (OB/GYN)</p>	<p>10</p> <p>SHIPSHAPE: 9-11am Prevent T2 (WK 2) 1-2pm</p>	<p>11</p> <p>SHIPSHAPE: Tracking/Trends 9-10am Heart Healthy 1-2pm</p>	<p>12</p> <p>IBS Class: 9-11am Diabetes Healthy Eating: 1-3pm</p>	<p>13</p> <p>Small Step Big Rewards 10-11am (Diabetes Prevention)</p>
<p>16</p>  <p><i>I Have A Dream</i> <i>Martin Luther King, Jr. Dr</i></p>	<p>17</p> <p>SHIPSHAPE: 9-11am Prevent T2 (WK 3) 1-2pm</p>	<p>18</p> <p>SHIPSHAPE: Fitness 9-10am</p>	<p>19</p> <p>OB/GYN Intake 9-10am Diabetes Monitoring 1-3pm Baby Basics Part 1: 4-6pm</p>	<p>20</p> <p>Intro to Nutrition 9-11am</p> <div style="border: 2px solid purple; padding: 5px; margin-top: 10px;"> <p>Saturday 21st: Childbirth Class 9:30 am—4:00 pm</p> </div>
<p>23</p> <p>SHIPSHAPE: Tracking/Trends 1-2pm Diabetes Updates: 12:30-2pm 1401D Yoga 3:30-4:30pm (5024) Childbirth Class: 3:30-6pm (OB/GYN)</p>	<p>24</p> <p>SHIPSHAPE: 9-11am Prevent T2 (WK4) 1-2pm</p>	<p>25</p> <p>SHIPSHAPE: Mindful Eating 9-10am Lactation Class: 3:30-6pm (OB/GYN)</p>	<p>26</p> <p>OB/GYN Intake 9-10am Diabetes Meds and More 1-3pm Baby Basics Part 2: 4-6pm</p>	<p>27</p> <p>Small Step Big Rewards 10-11am (Diabetes Prevention)</p>
<p>30</p> <p>SHIPSHAPE: Fitness 1-2pm Yoga 3:30-4:30pm (5024) Childbirth Class: 3:30-6pm (OBGYN)</p>	<p>31</p> <p>SHIPSHAPE: 9-11am Prevent T2 (WK5) 1-2pm Cancer Support: 5-6:30pm</p>	<p>Healthy Weight Month: A new year typically marks a new start on working toward a healthier life. Whether that be healthy eating, exercise, or emotional well-being habits, we have lots of great resources to help.</p>		

