

# November 2016

## NAVAL HOSPITAL BREMERTON

### WELLNESS CENTER CLASS SCHEDULE

Mon	Tue	Wed	Thu	Fri
<div style="border: 2px solid purple; padding: 5px; width: fit-content; margin: auto;"> <b>Tobacco Free Living</b> </div>	<b>1</b> Shipshape #5: 9-11 am OB/GYN Intake: 12-1pm (3041) Healthy Shopping: 4-6pm (held at Bangor Commissary)	<b>2</b> Prenatal Nutrition: 9-10am Gestational Diabetes: 10-11am Step Aerobics 11am-12pm Prevent T2 (Week 14) 1-2pm Heart Healthy Living: 1-3pm Childbirth Class: 3:30-6pm	<b>3</b> OB/GYN Intake: 8-9am Diabetes Basics: 1-3pm	<b>4</b> Small Steps, Big Rewards 10-11 am Step Aerobics 11am-12pm Intro to Nutrition: 1-3pm
<b>7</b> Step Aerobics 11am-12pm SHIPESHAPE for Weight Loss 1-2pm Yoga 3:30-4:30 pm (room 7103) Healthy Steps 4:30-5pm	<b>8</b> Shipshape #6: 9-11 am OB/GYN Intake: 12-1pm (3041) Healthy Habits: 4-6pm	<b>9</b> Gestational Diabetes: 10-11am Step Aerobics 11am-12pm Prevent T2 (Week 15) 1-2pm Meal Planning/Makeovers: 1-3pm Childbirth Class 3:30-6pm	<b>10</b> OB/GYN Intake: 8-9am IBS Class: 9-11am Diabetes: Healthy Eating: 1-3pm Baby Basics Part 1: 4-6pm	<b>11</b>  <b>Veterans Day</b>
<b>14</b> Diabetes Updates: 12:30-2pm 1401D Step Aerobics 11am-12pm SHIPESHAPE for Weight Loss 1-2pm Yoga 3:30-4:30 pm (room 7103) Diabetes Updates: 4:30-6pm	<b>15</b> Shipshape #7: 9-11 am OB/GYN Intake: 12-1pm (3041) Fitness Planning: 4-6pm (held at Bremerton Gym)	<b>16</b> Gestational Diabetes: 10-11am Step Aerobics 11am-12pm Prevent T2 (Week 16) 1-2pm Childbirth Class 3:30-6pm	<b>17</b> OB/GYN Intake: 8-9am Diabetes Monitoring: 1-3pm Baby Basics Part 2: 4-6pm	<b>18</b> Intro to Nutrition: 9-11am Step Aerobics 11am-12pm Lactation Class: 3:30-6pm <div style="border: 2px solid purple; padding: 2px; margin-top: 5px;"> <b>Sat 19th:</b> Childbirth Class 9:30-4:30                     </div>
<b>21</b> Step Aerobics 11am-12pm SHIPESHAPE for Weight Loss 1-2pm Yoga 3:30-4:30 pm (room 7103) Healthy Steps 4:30-5pm	<div style="border: 2px solid purple; padding: 5px; width: fit-content; margin: auto;"> <a href="http://www.ucanquit2.org">www.ucanquit2.org</a> </div>	<b>23</b> Gestational Diabetes: 10-11am Step Aerobics 11am-12pm	<b>24</b>  <b>THANKSGIVING</b>	<b>25</b> Step Aerobics 11am-12pm
<b>28</b> Step Aerobics 11am-12pm SHIPESHAPE for Weight Loss 1-2pm Yoga 3:30-4:30 pm (room 7103) Healthy Steps 4:30-5pm	<b>29</b> OB/GYN Intake: 12-1pm (3041) Cancer Support: 5-6:30pm	<b>30</b> Step Aerobics 11am-12pm	They say quitters never win, but we're guessing "They" probably weren't tobacco users. <b>NOVEMBER 17 is</b> 	

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

Building a healthy life, one habit at a time.

Website: [www.med.navy.mil/sites/nhbrem](http://www.med.navy.mil/sites/nhbrem)



Last updated: 11/9/2016

