

October 2016

*Classes will be held in Room 1401D unless otherwise stated from Oct 2016-Jan 2017 due to NHB's pilot testing of new military electronic health records. Room 1401D is on the 1st floor, past Subway, and down the left passageway,

NAVAL HOSPITAL BREMERTON

WELLNESS CENTER CLASS SCHEDULE

Mon	Tue	Wed	Thu	Fri
<p>3 Yoga 3:30-4:30 pm (room 7103) *Eat Smart, Live Strong (S1) 1-2:30pm Healthy Steps 4:30-5pm</p>	<p>4 OB/GYN Intake: 12-1pm (3041) Healthy Shopping: 1-3pm (held at Bangor Commissary)</p>	<p>5 Prenatal Nutrition: 9-10am Gestational Diabetes: 10-11am *Prevent T2 (Week 10) 1-2pm Heart Healthy Living: 4-6pm</p>	<p>6 OB/GYN Intake: 8-9am (3041) Diabetes Basics: 4-6pm (Galley)</p>	<p>7 Small Steps, Big Rewards 10-11 am Intro to Nutrition: 2-4pm Galley Childbirth Class: 3:30-6pm (3041)</p>
<p>10 </p>	<p>11 OB/GYN Intake: 12-1pm (3041) Healthy Habits: 1-3pm</p>	<p>12 Gestational Diabetes: 10-11am *Prevent T2 (Week 11) 1-2pm Meal Planning/Makeovers: 4-6pm</p>	<p>13 OB/GYN Intake: 8-9am (3041) Diabetes: Healthy Eating: 2-4pm (Galley)</p>	<p>14 Bariatric Eating 1-3pm (1401D) Childbirth Class: 3:30-6pm (3041) Saturday 15th: Childbirth Class 9:30-4:30</p>
<p>17 Diabetes Updates: 12:30-2pm *Eat Smart, Live Strong (S2) 1-2:30pm Yoga 3:30-4:30 pm (room 7103) Diabetes Updates: 4:30-6pm</p>	<p>18 OB/GYN Intake: 12-1pm (3041) Fitness Planning: 1-3pm (held at Bremerton Gym) </p>	<p>19 Gestational Diabetes: 10-11am *Prevent T2 (Week 12) 1-2pm</p>	<p>20 OB/GYN Intake: 8-9am (3041) Diabetes Monitoring: 4-6pm (Galley)</p>	<p>21 Small Steps, Big Rewards 10-11 am Intro to Nutrition: 2-4pm Galley</p>
<p>24 *Eat Smart, Live Strong (S3) 1-2:30pm Yoga 3:30-4:30 pm (room 7103) Healthy Steps 4:30-5pm</p>	<p>25 OB/GYN Intake: 12-1pm (3041) Cancer Support: 5-6:30pm</p>	<p>26 Gestational Diabetes: 10-11am *Prevent T2 (Week 13) 1-2pm Lactation Class: 3:30-6pm (3041)</p>	<p>27 OB/GYN Intake: 8-9am (3041) Diabetes Meds and More: 4-6pm (Galley)</p>	<p>28 Childbirth Class: 3:30-6pm (3041) </p>
<p>31 *Eat Smart, Live Strong (S4) 1-2:30pm Yoga 3:30-4:30 pm (room 7103) Healthy Steps 4:30-5pm</p>	<p>Women's Health— there are many aspects of women's health that are important. From family planning, important vitamins, pregnancy, nutrition, exercise and insomnia. Please visit http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-october.aspx for great information on these topics and many more.</p> 			

