

September 2016

NAVAL HOSPITAL BREMERTON

WELLNESS CENTER CLASS SCHEDULE

Mon	Tue	Wed	Thu	Fri
<p>Mental Health and Suicide Prevention Month: Understanding suicide warning signs and risk factors can help prevent, identify, and allow for early intervention to save lives. There are many resources for our military families to deal with our unique life challenges. The resources listed on the calendar are for all family members who think they may need help.</p>			<p>1 OB/GYN Intake: 9-10am Pilates (Intermediate): 12-12:45pm Diabetes Basics: 1-3pm</p>	<p>2 Intro to Nutrition 1-3pm</p>
<p>5</p> 	<p>6 SHIPSHAPE 6: 9-10am Pilates (Beginner): 12-12:45pm OB/GYN Intake: 1-2pm (3041) Healthy Shopping: 4-6pm (held at Bangor Commissary)</p>	<p>7 Prenatal Nutrition: 9-10am Gestational Diabetes: 10-11am Prevent T2 (Week 6) 1-2pm Heart Healthy Living: 1-3pm Childbirth Class: 3:30-6pm</p>	<p>8 IBS Class: 9-11am OB/GYN Intake: 9-10am (rm 5022) Pilates (Intermediate): 12-12:45pm Diabetes: Healthy Eating: 1-3pm</p>	<p>9</p> 
<p>12 Eat Smart, Live Strong (S1) 10:30-12 pm Diabetes Updates: 12:30-2pm Yoga 3:30-4:30 pm (rm 7103) Diabetes Updates: 4:30-6pm</p>	<p>13 SHIPSHAPE 7: 9-10am Pilates (Beginner): 12-12:45pm OB/GYN Intake: 1-2pm (3041) Healthy Habits: 4-6pm</p>	<p>14 Gestational Diabetes: 10-11am Prevent T2 (Week 7) 1-2pm Meal Planning/Makeovers: 1-3pm Childbirth Class 3:30-6pm</p>	<p>15 OB/GYN Intake: 9-10am Pilates (Intermediate): 12-12:45pm Diabetes Monitoring: 1-3pm</p>	<p>16 Intro to Nutrition 9-11am</p> <div style="border: 2px solid purple; padding: 5px; width: fit-content; margin: 10px auto;"> <p>Saturday 17th: Childbirth Class 9:30-4:30</p> </div>
<p>19 Eat Smart, Live Strong (S2) 10:30-12 pm Yoga 3:30-4:30 pm (rm 7103) Healthy Steps 4:30-5pm</p>	<p>20 SHIPSHAPE 8: 9-10am Pilates (Beginner): 12-12:45pm OB/GYN Intake: 1-2pm (3041) Fitness Planning: 4-6pm (held at Bremerton Gym)</p>	<p>21 Gestational Diabetes: 10-11am Prevent T2 (Week 8) 1-2pm Childbirth Class 3:30-6pm</p>	<p>22 OB/GYN Intake: 9-10am Pilates (Intermediate): 12-12:45pm Diabetes Meds and More: 1-3pm Baby Basics Part 1: 4-6pm</p>	<p>23</p> 
<p>26 *Eat Smart, Live Strong (S3) 10:30am-12 pm (1401D) Yoga 3:30-4:30 pm (rm 7103) Healthy Steps 4:30-5pm (1401D)</p>	<p>27 OB/GYN Intake: 1-2pm (3041) Cancer Support: 5-6:30pm (1401D)</p>	<p>28 Gestational Diabetes: 10-11am (1401D) *Prevent T2 (Week 9) 1-2pm (1401D) Lactation Class: 3:30-6pm (3041)</p>	<p>29 OB/GYN Intake: 9-10am (1401D) Baby Basics Part 2: 4-6pm (Galley)</p>	<p>30</p> 

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



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