

## HEALTH PROMOTION



Health Promotion is a process of “prevention” that begins when you seek to help yourself by developing and acquiring healthy lifestyle habits that enhances your state of well-being and quality of life. The Wellness Center is committed to this process through assisting all eligible beneficiaries in acquiring information, counseling and education on health topics, thru seminars, lectures, health fairs and individual appointments. The Health Promotion program also provides the base commands with a “Wellness To Go” program, that facilitates healthy lifestyle changes by promoting individual responsibility for achieving and maintaining optimal health. Our goal is to reduce illness and promote wellness by educating and counseling individuals in the areas of:

- Nutrition and cholesterol control
- Ship Shape Course
- Tobacco Cessation
- Back Injury Prevention
- Stress Management
- High Blood Pressure and control
- Physical Fitness and Health

Other services available at the Wellness Center:

The Relaxation room: The Relaxation room provides an optimal stress free environment (30 minutes session) for disease prevention and management through conservative stress management interventions. Music, ambient lighting and aromatherapy will help to soothe the senses while you enjoy a Shiatsu back massage from our massage chair. No appointments required.

**“Early Detection and Education is the Best Protection”**