

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
- Stress Management
- High Blood Pressure and control

“Early Detection and Education is the Best Protection”