



HEALTH PROMOTION EVENTS AND WELLNESS CLASSES



JUNE 2014

MON 02 JUN 14	<ul style="list-style-type: none"> • New cycle of ShipShape starts M-F 02 Jun-18 Jul 0600 and 1130 JBPHH MWR Fitness Center. To sign up please call 808-471-2280. • Sleep Better Now class 1130-1230 Makalapa conference room.
TUE 03 JUN 14	<ul style="list-style-type: none"> • Nutrition Class 1000-1100 JBPHH MWR Fitness Center classroom #2. • Take 20 seconds to relax 1130-1200 Makalapa conference room. • Recreation Therapy Hickam Pool #2 1200-1300. Referral required.
THUR 05 JUN 14	<ul style="list-style-type: none"> • Health Fair COMPACFLT 0700-1330. • Recreation Therapy Hickam Pool #2 1200-1300. Referral required.
FRI 06 JUN 14	<ul style="list-style-type: none"> • NHCH Command Stand down. Kaneohe Bay Base Theater. All Clinics closed.
SUN 08 JUN 14	<ul style="list-style-type: none"> • Health Fair NOSC Pearl Harbor 1000-1400 @ Quick Field Navy Wellness Van.
TUE 10 JUN 14	<ul style="list-style-type: none"> • Tobacco Cessation class JBPHH MWR Fitness Center 1000-1100 classroom #2. For more information please call: 808-473-2444 ext. 507. • Recreation Therapy Hickam Pool #2 1200-1300. Referral required.
WED 11 JUN 14	<ul style="list-style-type: none"> • Tobacco Cessation class Kaneohe Bay Branch Clinic 1000-1100. For more information please call: 808-473-2444 ext. 507
THUR 12 JUN 14	<ul style="list-style-type: none"> • Nutrition Class Camp HM Smith Fitness Center 1130-1230. • Recreation Therapy Hickam Pool #2 1200-1300. Referral required.
TUE 17 JUN 14	<ul style="list-style-type: none"> • Nutrition Class JBPHH MWR Fitness Center 1300-1400 classroom #2 • Tobacco Cessation class JBPHH MWR Fitness Center 1000-1100. • Recreation Therapy Hickam Pool #2 1200-1300. Referral required.
WED 18 JUN 14	<ul style="list-style-type: none"> • Health Fair PACOM 1000-1500 Camp HM Smith. • Access surf Hale Koa Beach Waikiki 0800-1300. • USS Paul Hamilton Nutrition/Health Fair 0900-1100.
THU 19 JUN 14	<ul style="list-style-type: none"> • Recreation Therapy Hickam Pool #2 1200-1300. Referral required.
TUE 24 JUN 14	<ul style="list-style-type: none"> • Commissary Walk Through Pearl Harbor DECA 1000-1045. • Tobacco Cessation Class JBPHH MWR Fitness Center 1000-1100 classroom #2. • Recreation Therapy Hickam Pool #2 1200-1300. Referral required.
WED 25 JUN 14	<ul style="list-style-type: none"> • Commissary Walk Through Kaneohe Bay DECA 1000-1045. • Nutrition class Kaneohe Bay Branch clinic 1100-1200 upstairs classroom. • Lunch and Learn/Nutrition Class 1030-1200 Makalapa Staff and Education Training.
THUR 26 JUN 14	<ul style="list-style-type: none"> • Healthy Heart 1000-1100 JBPHH MWR Fitness Center classroom #2. • Recreation Therapy Hickam Pool #2 1200-1300. Referral required.
<p>To sign up for any Health Promotion events/classes/additional information. Call Health Promotion 808-471-2280 or 808-473-2444 x 507 for Tobacco Cessation inquiries. Check out NHC Hawaii's official Facebook page.</p>	