

August 2015

HEALTH PROMOTION AND WELLNESS CLASSES



Nutrition and Weight Management

This class is for patients who are seeking basic nutrition and exercise information. This class is a pre requisite for the RMR test.

JBPHH MWR Fitness Center Classroom 2:

August 04 1000-1100

August 18 1300-1400

**K-Bay Health Clinic Training Room 2nd Floor:
(TBA) 1000-1100**

****Call to reserve a spot****

Commissary Walkthrough

Join the Health Promotion team in a commissary walkthrough to guide you toward a healthier lifestyle by making better choices.

Pearl Harbor DECA Commissary

K Bay Commissary

****Call for more information and to sign up****

Healthy Heart

This class is designed for those patients who have a history of hyperlipidemia, hypertension or a family history of heart disease.

JBPHH MWR Fitness Center Classroom 2:

August 20 1000-1100

Call 474-4242 Ext 4507

Tobacco Cessation

This program focuses on group support and behavior modification with adjunct aids using the American Cancer Society Fresh start program.

JBPHH MWR Fitness Center Classroom 2:

**Please contact Eleanor Bru @ 474-4242 ext. 4507
for appointment**

**K-Bay Health Clinic Training Room 2nd Floor:
Please contact Eleanor Bru @ 474-4242 ext. 4507
for appointment**

Staff & Wellness Fair

Makalapa Clinic 6 August 1100-1300

Shipyard/HQ 14 August 1100-1300

Resting Metabolic Rate Test

Find out how many calories you can burn while at rest.

Patients **must attend the Nutrition and Weight Management class before scheduling.**

Sleep Better Now Class

There's nothing like a good night's sleep to feel refreshed and focused the next day. Do something good for your body and mind and sign-up today.

No Class for August. Class will reconvene September

To register call 473-1880 x 92224

Report to Gold Team desk on day of class

Service members, family members, retirees welcome

Take 20 Seconds to Relax

Take 30 minutes from your schedule and come learn techniques that will help you relax and take a breather from the hustle and bustle and calm in your heart and mind.

Offered on an individual basis only, please call to schedule.

To register call 473-1880 x 92224

Report to Gold Team desk on day of class

Service members, family members, retirees welcome

Recreation Therapy

A program that uses recreational and educational services to enhance and promote physical and mental well being .

Aqua Therapy

Hickam Pool #2

Tuesdays and Thursdays 1200-1300

Please call Health Promotion at 471-2280 for details

****Referral required****

Access Surf

NO ACCESS SURF FOR AUGUST

Equine Therapy

Happy Trails

CLOSED. WILL RESUME SEPT.

Naval Health Clinic Hawaii Health Promotion

808-471-2280

****schedule subject to change without notice, please call ahead to confirm****

Naval Health Clinic Hawaii