

# February 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:**

**February 3 1000-1100**

**February 17 1300-1400**

**Camp Smith Fitness Gym:**

**February 5 1130-1230**

**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:**

**February 19 1000-1100**

## **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:**

**February 4,11,18,25 1000-1100**

**Camp Smith Fitness Gym:**

**(TBA) 1000-1100**

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

**K-Bay Health Clinic Training Room 2nd Floor:**

**February 3,10,17,24 1000-1100**

## **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 2 PART 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.

**Makalapa Clinic Gold Team front desk:**

**Starts Monday February 2 1130 - 1230**

**To register call 473-1880 x 2224**

**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.

**Makalapa Clinic Gold Team front desk:**

**Starts Tuesday February 3 1130-1200**

**To register call 473-1880 x 2224**

**Report to Gold Team desk on day of class**

**Service members, family members, retirees welcome**

## **Recreation Therapy**

A program that uses recreation and education services to help people with illness, disabilities and other conditions.

**Aqua Therapy**

**Hickam Pool #2**

**Tuesdays and Thursdays 1200-1300**

**\*\*Hickam Pool #2 will reopen this month\*\***

**Please call Hannah Walker at 808-426-6366 for details**

**\*\*Referral required\*\***

## **Health Fair**

**KBAY February 6 1600-1800**

**Swamp Romp**

**Naval Health Clinic Hawaii Health Promotion**

**808-471-2280**

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

**Naval Health Clinic Hawaii**