

November 2015



HEALTH PROMOTION CALENDAR

For more information call 808-471-2280

CLASS DESCRIPTIONS:

Nutrition 101:

JBPHH Gym- Classroom 2

This class is for patients who are seeking basic nutrition and exercise information.

This class is a pre requisite for the RMR test.

Commissary Walkthrough:

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

Healthy Heart:

JBPHH Gym- Classroom 2

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

Resting Metabolic Rate Test:

Find out how many calories you can burn while at rest. *Patients must attend Nutrition 101 prior to scheduling.*

Sleep Better Now:

Makalapa Clinic

There's nothing like a good night's sleep to feel refreshed and focused the next day. Sign up today. For more info call 473-1880 x92224

Take 20 Sec. to Relax:

Take 30 minutes and come learn techniques that will help you relax. For more info call 473-1880 x 92224

Tobacco Cessation:

Contact Eleanor Bru @ 808-426-6362

Recreation Therapy:

Contact Tiffanee Rogers @ 471-2280

"Maintain No Gain" 6 Week Challenge

Challenge yourself through the holidays.

Now is the time to make the commitment!

Weigh-ins begin 23rd & 24th November

Finisher Weigh-ins 11th & 12th January

MON	TUE	WED	THU	FRI	SAT
2	3 TURKEY TROT 0700 NUTRITION 101: 1000 RT: 1200-1300 TC KBAY: 1000-1100	4	5 SARP HEALTH CLASS: 0900 RT: 1200-1300	6 RT: 0900-1300	7
9	10 RT: 1200-1300 TC KBAY: 1000-1100	11 	12 RT: 1200-1300	13 RT: 0900-1300	14
16	17 RT: 1200-1300 NUTRITION 101: 1300 TC KBAY: 1000-1100	18 RT: 1000-1300 (ACCESS SURF)	19 GREAT AMERICAN SMOKEOUT: 0600 QUICK FIELD RT: 1200-1300	20 RT: 0900-1300	21
23 "MAINTAIN NO GAIN" Weigh-ins 0600	24 "MAINTAIN NO GAIN" Weigh-ins 0600 RT: 1200-1300 TC KBAY: 1000-1100	25	26 	27	28
30					