

October 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 @ 474-4242 ext. 4507

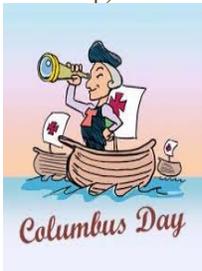
Recreation Therapy:

Contact Tiffanee Rogers @ 471-2280

Making Strides Against Breast Cancer Walk/Run

Deadline to register is Oct. 3

Contact Health Promotion @ 471-2280

MON	TUE	WED	THU	FRI	SAT
			1 RT: 1200-1300	2 RT: 0900-1300	3
5 SLEEP BETTER NOW CLASS 1130-1230 473-1880X9 2224 (CALL TO SIGN UP)	6 CPF FAIR 0900-1300 NUTRITION 101 1000-1100 RT: 1200-1300	7 NEX "Pink Day Fun Run" 0700	8 RT: 1200-1300	9 NEX Shot Ex: 0900-1400 RT: 0900-1300	10 NEX Shot Ex: 0900-1400
12  Columbus Day	13 BROWN BAG LUNCH: DENTAL CONF. ROOM 1130-1200 (BREAST CANCER) RT: 1200-1300	14 DECA/Health Promotion brief 1230-1330	15 BROWN BAG LUNCH: HQ 1130-1215 (BREAST CANCER) RT: 1200-1300	16 RT: 0900-1300	17 KBAY MCX Shot Ex: 0900-1400
19 Tobacco Cessation GMT MAG-24 1030-1300	20 Nutrition 101 1300-1400 RT: 1200-1300	21	22 RT: 1200-1300	23 RT: 0900-1300	24 Health Promotion "Making Strides" Walk/Run 0700 @ Richardson Field
26	27 RT: 1200-1300	28	29 RT: 1200-1300	30	31 