

July 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:

July 7 1000-1100

July 21 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:

July 16 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:

**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**

2 Mile Fun/Walk Event

1 July 2015

STARTS AT 0700 (CHECK-IN AT 0645)

PEARL HARBOR NEX/DECA PARKING LOT

(FREE GIVEAWAYS!!!)

Contact Health Promotion for registration forms

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.

Monday 6 July 1130 - 1230 or call for an individual 30 minute class at your convenience.

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 recreation and education services to help people with illness, disabilities and other conditions.

Aqua Therapy

Hickam Pool #2

Tuesdays and Thursdays 1200-1300

Please call Health Promotion at 471-2280 for details

****Referral required****

Access Surf

White Plains Beach Park

Wednesday, July 15 1000-1300

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