

# February 2016

## 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.\* For more info call 471-2280

#### Commissary Walkthrough:

Join the Health Promotion team in a commissary walkthrough to guide you toward a healthier lifestyle by making better choices. For more info call 471-2280

#### 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. For more info call 471-2280

#### Resting Metabolic Rate Test:

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

#### Tobacco Cessation:

Contact Eleanor Bru @ 474-4242 ext. 4507

#### Recreation Therapy:

Includes aqua therapy, access surf, recreation therapy hikes, equine therapy and several therapeutic activities. Contact Tiffanee Rogers

MON	TUE	WED	THU	FRI	SAT
1 <b>Tobacco Cessation</b> JBPHH Gym Classroom 2 0900-1000	2 <b>NUTRITION 101</b> 1000-1100 <b>Tobacco Cessation (KBAY)</b> 1000-1100 <b>RT: 1100-1300</b>	3 <b>Tobacco Cessation</b> JBPHH Gym Classroom 2 0900-1000	4 <b>RT: 1100-1300</b>	5 <b>SHIP SHAPE 0530-0700</b>  <b>RT: 0900-1300</b>	6
8 <b>Tobacco Cessation</b> JBPHH Gym Classroom 2 0900-1000	9 <b>Tobacco Cessation (KBAY)</b> 1000-1100	10 <b>Tobacco Cessation</b> JBPHH Gym Classroom 2 0900-1000 <b>RT: 1100-1300</b>	11 <b>RT: 1100-1300</b>  KBAY TOBACCO CESSATION 1300-1400	12 <b>SHIP SHAPE 0530-0700</b>  <b>RT: 0900-1300</b>	13
15 	16 <b>Tobacco Cessation (KBAY)</b> 1000-1100  <b>RT: 1100-1300</b>  <b>NUTRITION 101</b> 1300-1400	17 <b>Tobacco Cessation</b> JBPHH Gym Classroom 2 0900-1000	18 <b>GREAT AMERICAN SPIT OUT DAY</b>  <b>BREAST CANCER SUPPORT GROUP</b> 1000-1100	19 <b>SHIP SHAPE 0530-0700</b>  <b>RT: 0900-1300</b>	20 <b>Wounded Warrior Fishing Tournament</b> <b>Access Surf event</b> 1000-1300  <b>*For more info contact Ms. Tiffanee Rogers @ 471-2280</b>
22 <b>Tobacco Cessation</b> JBPHH Gym Classroom 2 0900-1000	23 <b>Tobacco Cessation (KBAY)</b> 1000-1100  <b>RT: 1100-1300</b>	24 <b>Tobacco Cessation</b> JBPHH Gym Classroom 2 0900-1000	25 <b>RT: 1100-1300</b>	26 <b>SHIP SHAPE 0530-0700</b>  <b>RT: 0900-1300</b>	27
29 <b>Tobacco Cessation</b> JBPHH Gym Classroom 2 0900-1000					