

# May 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

#### 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 @ 471-2280 (Appointments from providers required)

#### JBPHH FITNESS CENTER

#### HEALTH FAIR

06 MAY 2016 @ 0900-1400

Fitness experts and vendors expo

MON	TUE	WED	THU	FRI	SAT
2	3 NUTRITION 101 1000-1100 Tobacco Cessation (KBAY) 1000-1100 RT: 1100-1300	4 Tobacco Cessation JBPHH Gym Class- room 2 1000-1100	5 RT: 1100-1300	6 SHIPSHAPE 0530-0700 NHCH COMMAND STAND DOWN **HEALTH FAIR**	7
9	10 Tobacco Cessation (KBAY) 1000-1100	11 Tobacco Cessation JBPHH Gym Class- room 2 1000-1100	12	13 SHIPSHAPE 0530-0700	14
LIFE GUARD CERTIFICAITON					
16	17 NUTRITION 101 1300-1400 Tobacco Cessation (KBAY) 1000-1100 RT: 1100-1300	18 Kaiser Permanente Health Fair KBAY 1130-1300 Tobacco Cessation JBPHH Gym Class- room 2 1000-1100	19 RT: 1100-1300	20 SHIPSHAPE 0530-0700 RT: 0900-1300	21
23	24 RT: 1100-1300	25	26 RT: 1100-1300	27 SHIPSHAPE 0530-0700 RT: 0900-1300	28

30

