

July 2014

HEALTH PROMOTION AND WELLNESS CLASSES



Nutrition and Weight Management

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

JBPHH MWR Fitness Center Classroom 2:

July 1st 1000-1100

July 15 1300-1400

Camp Smith Fitness Gym:

July 10 1130-1230

K-Bay Health Clinic Training Room 2nd Floor:

July 30 1030-1130

****Call to reserve a spot.****

Healthy Heart

The healthy heart is designed for those patients who have history of hyperlipidemia, hypertension or family history of heart disease.

JBPHH MWR Fitness Center Classroom 2:

July 17 1000-1100

Tobacco Cessation

This program focuses on group support and behavior modification with adjunct aids using the American Cancer Society Fresh start program.

JPBHH MWR Fitness Center Classroom 2:

July 2, 9, 16, 23 1000-1100

K-Bay Health Clinic Training Room 2nd Floor:

July 1, 8, 15, 22 1000-1100

Camp Smith Fitness Gym (please call):

July (TBA) 1000-1100

****Call to reserve a spot****

Recreation Therapy

A program that uses recreation and education services to help people with illness, disabilities and other conditions.

Aqua Therapy (Referral required).

Hickam Pool #2:

Every Tuesdays and Thursdays 1200-1300.

Access Surf

July 16 0800-1300 White Plains Beach

For more info call: 808-426-6366

Take 20 seconds To Relax

Learn the most powerful way to shed the stress that builds up daily.

Will meet at the Blue Team front desk:

July 6 1130-1200

To register call 808-473-1880 ext. 2339.

Commissary Walkthrough

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

July 29 1000 Pearl Harbor DECA Commissary.

July 30 1000 K Bay Commissary.

****Call to reserve a spot****

PH DeCA Dietitian Kitchen

Pearl Harbor DECA Commissary

Fruits and Vegetables Month

July 18 1030-1230

Sleep Better Now

Learn what lifestyle habits strengthen your sleep drive so you can feel rested.

Will meet at the Blue Team front desk:

May. 5, 19 1130 - 1230

To register call 808-473-1880 ext.2339.

Breast Cancer Support Group

Will meet at JBPHH Fitness Center Classroom 2

July 25, 1030

**NHCH Staff Brown Bag Lunch and Learn
Headquarters Bldg 1750**

July 25, 1200-1330

**Check out our official Facebook page: Naval Health Clinic Hawaii
Naval Health Clinic Hawaii Health Promotion
808-471-2280**