

September 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:

September 2 1000-1100

September 16 1300-1400

Camp Smith Fitness Gym:

September 11 1130-1230

K-Bay Health Clinic Training Room 2nd Floor:

September 24 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:

September 18 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:

September 3, 10, 17, 24 1000-1100

K-Bay Health Clinic Training Room 2nd Floor:

September 2, 9, 16, 23 1000-1100

Camp Smith Fitness Gym (please call):

(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

September 17 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:

September 9 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.

September 23 1000 Pearl Harbor DECA Commissary.

September 24 1000 K Bay Commissary.

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

Sleep Better Now

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

Will meet at the Blue Team front desk:

September 8, 22 1130 - 1230

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

Healing Touch

Healing Touch is a therapy that helps restore and balance energy that has been deprived due to stress, illness, injury, grief, chemotherapy, radiation.

September 19th 1030-1100

JBPHH MWR Fitness Center Classroom 2

POC: is Mary P. Johnson RN BSN CBCN @ 808-473-1880 EXT 2242

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

Resting Metabolic Rate Test

Find out how much calories you can burn while at rest. Patients must attend the Nutrition and Management class first before scheduling an appointment.

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