

## HEALTH PROMOTION & WELLNESS CLASSES



### **Tobacco Cessation:**

People quit tobacco every day for different reasons. Here are just a few: breathe easier and cough less; more energy, strength and stamina; save money; and greatly reduce your chance of heart disease, stroke, high blood pressure, and cancers. Are you ready to quit tobacco? Call today to register into a Naval Hospital Tobacco Cessation course. Classes meet one-hour a week for 4 consecutive weeks and are available to all military beneficiaries and Department of Defense employees. Individual counseling is also available. **Call Health Promotion at 451-3712 for more info or to register for a class.**



### **Weight Wise:**

It's not just what you eat; it's when... where... and how. The Weight Wise course at Health Promotion and Wellness (Bldg 4) helps answer these questions, and is available to all military beneficiaries and DoD employees. Classes meet for one-hour a week for 4 consecutive weeks. **Call Health Promotion at 451-3712 for more info or to register for a class.**



### **Diabetes Management Course:**

This course is designed to help participants gain a better understanding of what diabetes is and how to help them gain better control of their Diabetes. Topics include: diagnosis, treatment, nutrition, exercise, complications, foot care, and medications. Classes are available to all military beneficiaries and DoD Employees. **Call Health Promotion at 451-3712 for more info or to register for a class.**



### **Healthy Heart:**

Want to prevent heart disease? The Naval Hospital Healthy Heart course provides people with information on heart disease and healthy lifestyle modifications. Healthcare providers cover an array of topics to include; coronary disease, heart disease medications, cardiac risk factors, safe exercise, stress management, and heart healthy nutrition. Classes are available to all military beneficiaries and DoD employees. Family members are highly encouraged to attend and learn along with the patient. **Call Health Promotion at 451-3712 for more info or to register for a class.**



### **Choices:**

A multidisciplinary approach to educate beneficiaries under age 25 about life-altering choices. The purpose of the program is to help future parents make informed, educated decisions about parenthood and the responsibilities associated with balancing a service career with becoming a parent. **Call Health Promotion and Wellness at 451-3712 to register.**



### Early Prenatal:

Designed to guide you through the changes your body will go through during your first and second trimester. You will learn how to keep healthy and fit with diet and exercise. We will share important information to assist you in caring for yourself and your baby. Classes should be taken upon confirmation of a positive pregnancy test. **To register for a class please call Health Promotion and Wellness at 451-3712.**



### Nutrition & Exercise During Pregnancy:

This class is designed for pregnant women who may be gaining weight too fast during pregnancy, who were overweight before pregnancy, or who are interesting in eating healthy and exercising during pregnancy. This class is taught from 1315-1530 at the Naval Hospital galley. **For more information or to register, call 451-3712.**



### Gestational Diabetes Management:

The Gestational Diabetes Management Class is designed for anyone who has been diagnosed by a health care provider with gestational diabetes (pregnancy-related diabetes). Learn about the disease process, goals of treatment (including the role of physical activity), risks to mother and infant, blood glucose monitoring, and treatment plan. This one-time class meets for one hour, and classes are held weekly in Building 4 (Health Promotion and Wellness Department). **Call Health Promotion and Wellness at 451-3712 to register.**



### Lamaze Class:

Approach labor and birth with confidence and knowledge, knowing that your body knows just what to do. Classes will help you feel more confident and allow you to trust your body. You will learn comfort measures, breathing, relaxation, coping mechanisms, and the benefits and risks of medical interventions. Classes are limited to 15 couples, allowing for more personal attention. Register early, classes should be taken in about your 7th month. **Call 451-3712. Classes are a 4 week series offered on Monday, Tuesday or Wednesday evenings.**



### Infant Care Class:

Never held a baby or changed a diaper? Learn the basics of infant care before your baby is born. Class includes interactive information and demonstrations on holding, diapering, bathing and feeding a baby. Newborn characteristics and behaviors are explained. Classes are held twice a month. **Call 451-3712 to register.**



### **Pregnancy Exercise Program:**

This pre/post natal exercise class provides women a simple and convenient opportunity to participate in a group fitness atmosphere with other women in similar stages of pregnancy. This program is a one-hour class offered Mondays & Wednesdays at the TT2 Fitness Center from 1030 -1130 and French Creek Fitness Center 1530-1630 on Thursday's. **Call 451-3712 for more information or to register.**



### **Siblings Class:**

The sibling class is designed for children between the ages of 3 and 9. Children are encouraged to express their feelings about having a baby brother or sister. Topics explored in the class include: what to expect when the baby arrives home; how to help Mom and Dad care for the new baby; a craft project and a virtual tour of the Labor and Delivery Unit and Mother Baby Unit. Classes are held monthly from 1430-1530 at Health Promotion and Wellness in Bldg 4. **Call Health Promotion at 451-3712 to register for class.**



### **Breastfeeding Basics Class:**

Learn the basic techniques to successfully feed your infant. Day classes are held from 12:30 pm – 2:30 pm on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month. Night classes are held from 6 p.m. until 8 p.m. on the second and fourth Tuesday of the month. Mothers who are between 28-36 weeks of pregnancy should attend. Classes are taught by Registered Lactation Consultants at the Naval Hospital Camp Lejeune. **Call 450-4561 to register.**



### **Working Moms Pumping Class:**

Offers different ways to continue breastfeeding when you return to work. Class is held from 2:00 pm until 4:00 pm the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month. The class is taught by a Registered Lactation Consultant here at Naval Hospital Camp Lejeune. Babies are welcome. **Call 450-4561 to register.**