

NHCL Health Promotion & Wellness Bldg 4 Class Calendar

July 2016

For appointments, call Bldg 4 at 910.451.3712

Mon	Tue	Wed	Thu	Fri
SAFETY MATTERS				1 
4 	5 Gestational Diabetes: 10:15-12:15pm	6 Early Pregnancy: 1:30-4:00pm Lamaze 1: 5:00-7:00pm	7 Pregnancy Exercise (TT2) 3:15-4:15pm	8
11 Pregnancy Exercise (TT2) 10:30-11:30am Simply Fit 1: 12:00-3:00pm Sibling: 2:30-3:30pm Lamaze 1: 5:00-8:00pm	12 Nut/Exercise Pregnancy 8:30-11:00am Gestational Diabetes: 10:15-12:15pm Infant Care: 2:00-4:00pm Simply Fit 1: 5:00-8:00pm Lamaze 1: 5:00-8:00pm	13 Early Pregnancy: 1:30-4:00pm Lamaze 2: 5:00-7:00pm	14 Quit Tobacco (NHCL) 8:30-11:00am Pregnancy Exercise (TT2) 3:15-4:15pm Simply Fit 1: 5:00-8:00pm	15
18 Pregnancy Exercise (TT2) 10:30-11:30am Simply Fit 2: 12:00-3:00pm Lamaze 2: 5:00-8:00pm	19 Gestational Diabetes: 10:15-12:15pm Infant Care: 2:00-4:00pm Simply Fit 2: 5:00-8:00pm Lamaze 2: 5:00-8:00pm	20 Early Pregnancy: 1:30-4:00pm Lamaze 3: 5:00-7:00pm	21 Heart Strong 1-2: 1:00-3:00pm Pregnancy Exercise (TT2) 3:15-4:15pm Simply Fit 2: 5:00-8:00pm	22
25 Simply Fit 3: 12:00-3:00pm Lamaze 3: 5:00-8:00pm	26 Nut/Exercise Pregnancy 8:30-11:00am Gestational Diabetes: 10:15-12:15pm Simply Fit 3: 5:00-8:00pm Lamaze 3: 5:00-8:00pm	27 Early Pregnancy: 1:30-4:00pm Lamaze 4: 5:00-7:00pm	28 Heart Strong 3-4: 1:00-3:00pm Pregnancy Exercise (TT2) 3:15-4:15pm Simply Fit 3: 5:00-8:00pm	29

“The first wealth is health”
– Ralph Waldo Emerson



Safety Month

NHCL Health Promotion & Wellness Bldg 4 Class Calendar

August 2016

For appointments, call Bldg 4 at 910.451.3712

Mon	Tue	Wed	Thu	Fri
1 Sibling: 2:30-3:30pm Simply Fit 4: 12:00-3:00pm Lamaze 1: 5:00-7:00pm	2 Gestational Diabetes: 10:15-12:15pm Lamaze 1: 5:00-7:00pm Simply Fit 4: 5:00-8:00pm	3 Early Pregnancy: 1:30-4:00pm	4 Simply Fit 4: 5:00-8:00pm	5 
8 Pregnancy Exercise (TT2) 10:30-11:30am Simply Fit 5: 12:00-3:00pm Lamaze 2: 5:00-7:00pm	9 Nut/Exercise Pregnancy 8:30-11:00am Gestational Diabetes: 10:15-12:15pm Infant Care: 2:00-4:00pm Lamaze 2: 5:00-7:00pm Simply Fit 5: 5:00-8:00pm	10 Early Pregnancy: 1:30-4:00pm Lamaze 1: 5:00-7:00pm	11 Quit Tobacco (NHCL) 8:30-11:00am Pregnancy Exercise (TT2) 3:15-4:15pm Simply Fit 5: 5:00-8:00pm	12
15 Pregnancy Exercise (TT2) 10:30-11:30am Lamaze 3: 5:00-7:00pm	16 Gestational Diabetes: 10:15-12:15pm Simply Fit 1: 5:00-8:00pm Lamaze 3: 5:00-7:00pm	17 Early Pregnancy: 1:30-4:00pm Lamaze 2: 5:00-7:00pm	18 Pregnancy Exercise (TT2) 3:15-4:15pm Heart Strong 1-2: 1:00-3:00pm	19
22 Pregnancy Exercise (TT2) 10:30-11:30am Simply Fit 2: 12:00-3:00pm	23 Nut/Exercise Pregnancy 8:30-11:00am	24	25 Quit Tobacco (NHCL) 8:30-11:00am Heart Strong 3-4: 1:00-3:00pm Pregnancy Exercise (TT2) 3:15-4:15pm	26
29 Simply Fit 3: 12:00-3:00pm Lamaze 4: 5:00-7:00pm	30 Gestational Diabetes: 10:15-12:15pm Simply Fit 3: 5:00-8:00pm Lamaze 4: 5:00-7:00pm	31		

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 – Ralph Waldo Emerson

Preventive Health Month

NHCL Health Promotion & Wellness Bldg 4 Class Calendar

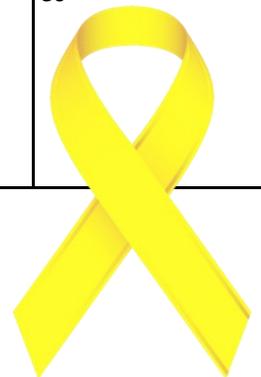
September 2016

For appointments, call Bldg 4 at 910.451.3712

Mon	Tue	Wed	Thu	Fri
1	2	3	1 Pregnancy Exercise (TT2) 3:15-4:15pm Simply Fit 2: 5:00-8:00pm	2
5 HAPPY LABOR DAY	6 Nut/Exercise Pregnancy 8:30-11:00am Gestational Diabetes: 10:15-12:15pm Lamaze 1: 5:00-8:00pm Simply Fit 3: 5:00-8:00pm	7 Early Pregnancy: 1:30-4:00pm	8 Quit Tobacco (NHCL) 8:30-11:00am Pregnancy Exercise (TT2) 3:15-4:15pm Simply Fit 3: 5:00-8:00pm	9
12 Pregnancy Exercise (TT2) 10:30-11:30am Simply Fit 3: 12:00-3:00pm Sibling: 2:30-3:30pm Lamaze 1: 5:00-8:00pm	13 Gestational Diabetes: 10:15-12:15pm Infant Care: 2:00-4:00pm Simply Fit 4: 5:00-8:00pm Lamaze 2: 5:00-7:00pm	14 Early Pregnancy: 1:30-4:00pm	15 Pregnancy Exercise (TT2) 3:15-4:15pm Simply Fit 4: 5:00-8:00pm	16
19 Pregnancy Exercise (TT2) 10:30-11:30am Lamaze 2: 5:00-8:00pm	20 Nut/Exercise Pregnancy 8:30-11:00am Infant Care: 2:00-4:00pm Lamaze 3: 5:00-7:00pm Simply Fit 5: 5:00-8:00pm	21 Early Pregnancy: 1:30-4:00pm	22 Quit Tobacco (NHCL) 8:30-11:00am Heart Strong 1-2: 1:00-3:00pm Pregnancy Exercise (TT2) 3:15-4:15pm Simply Fit 5: 5:00-8:00pm	23
26 Simply Fit 4: 12:00-3:00pm Lamaze 3-4: 5:00-8:00pm	27 Gestational Diabetes: 10:15-12:15pm Simply Fit 3: 5:00-8:00pm Lamaze 4: 5:00-7:00pm	28 Early Pregnancy: 1:30-4:00pm	29 Heart Strong 3/4: 1:00-3:00pm Pregnancy Exercise (TT2) 3:15-4:15pm	30

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Mental Health / Suicide Prevention



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October 2016

For appointments, call Bldg 4 at 910.451.3712

Mon	Tue	Wed	Thu	Fri
3 Sibling: 2:30-3:30pm Lamaze 1: 5:00-8:00pm	4 Nut/Exercise Pregnancy 8:30-11:00am Gestational Diabetes: 10:15-12:15pm Infant Care: 2:00-4:00pm Lamaze 1: 5:00-8:00pm	5 Early Pregnancy: 1:30-4:00pm	6 Quit Tobacco (NHCL) 8:30-11:00am Pregnancy Exercise (TT2) 3:15-4:15pm	7
10 	11 Gestational Diabetes: 10:15-12:15pm Lamaze 2: 5:00-8:00pm	12 Early Pregnancy: 1:30-4:00pm	13 Pregnancy Exercise (TT2) 3:15-4:15pm	14
17 Pregnancy Exercise (TT2) 10:30-11:30am Simply Fit 1: 12:00-3:00pm	18 Nut/Exercise Pregnancy 8:30-11:00am Simply Fit 1: 5:00-8:00pm	19	20 Quit Tobacco (NHCL) 8:30-11:00am Heart Strong 1-2: 1:00-3:00pm Pregnancy Exercise (TT2) 3:15-4:15pm Simply Fit 1: 5:00-8:00pm	21
24 Pregnancy Exercise (TT2) 10:30-11:30am Simply Fit 2: 12:00-3:00pm Lamaze 2: 5:00-8:00pm	25 Lamaze 3-4: 5:00-8:00pm Simply Fit 2: 5:00-8:00pm	26 Early Pregnancy: 1:30-4:00pm	27 Heart Strong 3-4: 1:00-3:00pm Pregnancy Exercise (TT2) 3:15-4:15pm Simply Fit 2: 5:00-8:00pm	28
31 Lamaze 3-4: 5:00-8:00pm				

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Women’s Health / Breast Cancer Awareness



NHCL Health Promotion & Wellness Bldg 4 Class Calendar

November 2016

For appointments, call Bldg 4 at 910.451.3712

Mon	Tue	Wed	Thu	Fri
	1 Nut/Exercise Pregnancy 8:30-11:00am Gestational Diabetes: 10:15-12:15pm Simply Fit 3: 5:00-8:00pm	2 Early Pregnancy: 1:30-4:00pm	3 Quit Tobacco (NHCL) 8:30-11:00am Pregnancy Exercise (TT2) 3:15-4:15pm Simply Fit 3: 5:00-8:00pm	4
7 Simply Fit 3: 12:00-3:00pm Sibling: 2:30-3:30pm Lamaze 1: 5:00-7:00pm	8 Gestational Diabetes: 10:15-12:15pm Infant Care: 2:00-4:00pm Lamaze 1: 5:00-7:00pm Simply Fit 4: 5:00-8:00pm	9 Early Pregnancy: 1:30-4:00pm	10 Pregnancy Exercise (TT2) 3:15-4:15pm Simply Fit 4: 5:00-8:00pm	11
14 Pregnancy Exercise (TT2) 10:30-11:30am Simply Fit 4: 12:00-3:00pm Lamaze 2: 5:00-7:00pm	15 Nut/Exercise Pregnancy 8:30-11:00am Gestational Diabetes: 10:15-12:15pm Simply Fit 5: 5:00-8:00pm Lamaze 2: 5:00-7:00pm	16	17 Quit Tobacco (NHCL) 8:30-11:00am Pregnancy Exercise (TT2) 3:15-4:15pm Simply Fit 5: 5:00-8:00pm	18
21 Pregnancy Exercise (TT2) 10:30-11:30am Simply Fit 5: 12:00-3:00pm Lamaze 3: 5:00-7:00pm	22 Gestational Diabetes: 10:15-12:15pm Infant Care: 2:00-4:00pm Lamaze 1: 5:00-7:00pm	23	24 	25
28 Lamaze 4: 5:00-7:00pm	29 Nut/Exercise Pregnancy 8:30-11:00am Gestational Diabetes: 10:15-12:15pm	30 Early Pregnancy: 1:30-4:00pm		

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Tobacco Free Living



NHCL Health Promotion & Wellness Bldg 4 Class Calendar

December 2016

For appointments, call Bldg 4 at 910.451.3712

Mon	Tue	Wed	Thu	Fri
			1 Pregnancy Exercise (TT2) 3:15-4:15pm	2
5 Sibling: 2:30-3:30pm Lamaze 1: 5:00-7:00pm	6 Gestational Diabetes: 10:15-12:15pm Infant Care: 2:00-4:00pm Lamaze 1: 5:00-7:00pm	7 Early Pregnancy: 1:30-4:00pm	8 Quit Tobacco (NHCL) 8:30-11:00am Pregnancy Exercise (TT2) 3:15-4:15pm	9
12 Pregnancy Exercise (TT2) 10:30-11:30am Lamaze 2: 5:00-7:00pm	13 Nut/Exercise Pregnancy 8:30-11:00am Gestational Diabetes: 10:15-12:15pm Lamaze 2: 5:00-7:00pm	14 Early Pregnancy: 1:30-4:00pm	15 Pregnancy Exercise (TT2) 3:15-4:15pm	16
19 Pregnancy Exercise (TT2) 10:30-11:30am Lamaze 3: 5:00-7:00pm	20 Gestational Diabetes: 10:15-12:15pm Infant Care: 2:00-4:00pm Lamaze 3: 5:00-7:00pm	21 Early Pregnancy: 1:30-4:00pm	22	23
26 Lamaze 4: 5:00-7:00pm	27 Gestational Diabetes: 10:15-12:15pm Lamaze 4: 5:00-7:00pm	28 Early Pregnancy: 1:30-4:00pm	29	30

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Impaired Driving Month