

## NHCL Staff Yoga



Introduction to basic postures, breathing techniques, with supportive, clear instructions and assistance: **Please bring a sticky mat**

**and wear comfortable clothes** that allow for full range of motion and that provide adequate coverage while you bend and move. It is more comfortable to practice yoga on an empty stomach, so please eat lightly in the minutes or hour before class, then make sure you eat a healthy lunch afterwards.

Call 450-3752.

## Baby Boot Camp

Offered by the **New Parent Support Program**, this 2 day, baby boot camp class is designed to help Mom and Dad make a smooth transition into parenthood.

You will learn how to care for your newborn through 6 months of age. It is fun, interactive, and filled with “hands on” activities and training. Call 449-9501 to register.



All classes are free to Active Duty and their family members, retirees, and DoD civilian employees



Naval Hospital Camp Lejeune  
100 Brewster Blvd  
Camp Lejeune, North Carolina 28547  
<http://www.med.navy.mil/sites/nhcl/Pages/default.aspx>

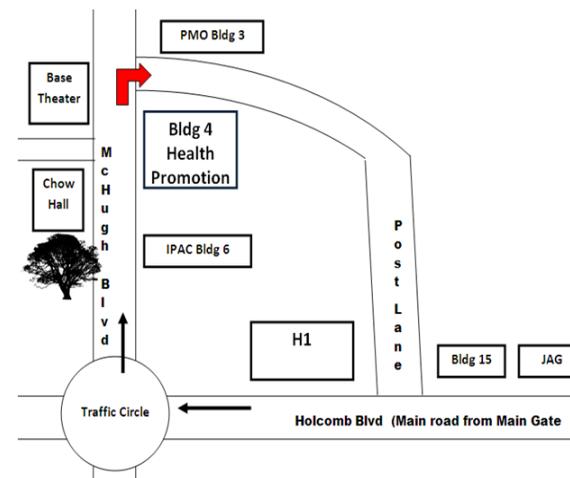
For appointments & information, call the Health Services Center & Info Line at (910) 450-HELP (4357)

## Useful Numbers

SARP	451-1175
Hospital Family Medicine Clinic	450-4698
Health Promotion	451-3712
Hospital Info	450-4300
Immunization	450-4648
Internal Medicine	450-4520
Labor/Delivery	450-4280
Laboratory	450-4606
MCAS Family Medicine Clinic	449-5527
OB/GYN	450-4561
Ophthalmology Clinic	450-4730
Pediatrics	450-4500
Pharmacy	450-4171
Pharmacy Refills	450-4183
Woman's Health Clinic Bldg 65	451-2579

## Where is Bldg 4?

We are located at the corner of McHugh Blvd and Post Lane Camp Lejeune, NC



## Hours of Operation

Monday –Friday  
0730—1600  
(910) 451-3712



find us on

Facebook



<http://bit.ly/nhcl-ice>

# Naval Hospital Health Promotion & Wellness Camp Lejeune



*“The first wealth is Health”*  
— Ralph Waldo Emerson

Revised: January 2015



Scan for Health Promotion website

# NAVAL HOSPITAL HEALTH PROMOTION & WELLNESS CLASSES BUILDING 4

## Healthy Heart

The course is designed to help people gain a better understanding of how to prevent and manage heart disease. Topics include; the mechanics of cardiology, understanding heart disease, cardiac risks factors, exercise and diet, stress management, and cardiac medications. **Call 451-3712.**



## Simply Fit

To learn more about what you could do to get off the diet rollercoaster, check out “Simply Fit”. It is a multi-dimensional weight management program designed to teach participants good eating and exercise habits, how to change eating behaviors, and the keys to long-term weight management success. For more information or to register for a class call Health Promotion at **451-3712.**



## Tobacco Cessation

Nicotine addiction is a tough habit to break. Tobacco products kill approximately 440,000 people each year. The Naval Hospital Health Promotion and Wellness Department offers a Tobacco Cessation course for smokers and smokeless tobacco users for more information or to register for a class call us at **451-3712.**



## Pregnancy Exercise Program (PEP)

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. Classes are held at the TT2 Fitness Center on Mondays & Wednesdays from 10:20-11:20. Thursdays 3:30-4:30 p.m. Call 451-3712.



## Infant Care Class

Learn the basics of infant care before your baby is born. Class includes information and demonstrations on holding, diapering, bathing and feeding a baby. Newborn characteristics and behaviors are explained. Classes are held on Tuesdays. **Call 451-3712.**



## Nutrition & Exercise during Pregnancy

This class is designed for pregnant women who may be gaining weight too fast, not gaining enough weight during pregnancy, or are interested in eating healthy and exercising during pregnancy. This class is at the Naval Hospital Galley. Follow-up appointments are available. **Call 451-3712.**



## Siblings Class

The sibling class is designed for children between the ages of 3 and 9. This is a highly interactive class that includes safety lessons with life-like dolls, a virtual tour of a NHCL labor room, and crafts. Classes are held on Mondays from 1430-1530. **Call 451-3712.**



## Lamaze Certified Childbirth Education Class \*

Approach labor and birth with confidence and knowledge, knowing that your body knows just what to do. You will learn comfort measures, breathing, relaxation, coping mechanisms, and the benefits and risks of medical interventions. This class is a total of 4 sessions, including a tour of Labor & Delivery at the Naval Hospital. Register early, classes should be taken in about your 7<sup>th</sup> month. **Call 451-3712.**



## Early Pregnancy

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 are available Wednesdays. **Call 451-3712.**



## Gestational Diabetes Class

This two session gestational diabetes class is designed for pregnant women who have been diagnosed with gestational diabetes during pregnancy, those who may have borderline gestational diabetes, or those who had diabetes before pregnancy. Patients must have a separate consult for Health Promotion & Wellness and Nutrition clinic from their provider before registering. This class is offered every Thursday at Bldg 4. **For more information call 451-3712 or 450-4059.**



## ShipShape Class

ShipShape is an program that reflects the current state of knowledge on weight loss. It is specifically designed to provide a basic information on nutrition, stress management, physical activity, and behavior modification techniques to lower and maintain an acceptable body weight. Open to active duty, retirees, and dependents. **Call 451-3712.**



***Our Mission:*** To serve our growing military community through excellence in patient and family centered care, readiness, and professional development.