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.

Where is Bldg 4?

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

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

Hours of Operation

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

"The first wealth is Health"
— Ralph Waldo Emerson

Revised: January 2015

Scan for Health Promotion website
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 7th 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.

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