

"Tobacco Free Living"

Located at:
 43 Smith RD, NEWPORT, RI
 02841
Naval Health Clinic New England
Wellness Department

November 2014

SUN	MON	TUE	WED	THU	FRI	SAT
2	3 Food Fitness And Healthy Heart 1200-1300	4 Weight Management Support group 1100-1200	5 Diabetes support group 0900-1000	6	7	8
9	10 Food Fitness And Healthy Heart 1200-1300	11 Veterans Day!	12	13 Preparing for your baby 1000-1100 1600-1700	14 Tobacco Cessation 1200-1300	15
16	17 Food Fitness And Healthy Heart 1200-1300	18 Weight Management Support group 1100-1200	19	20 Nutrition During Pregnancy 1000-1100 Great American Smoke OUT!	21 Tobacco Cessation 1200-1300	22
23	24 Food Fitness And Healthy Heart 1200-1300	25 Weight Management Support group 1100-1200	26 Diabetes Nutrition class 0900-1000	27 Thanks Giving!	28	29
30						

EDUCATIONAL SERVICES OFFERED:

- Diabetes Support Group
- Food, Fitness and Health Heart
- Preventing Diabetes
- Diabetes Nutrition Class
- Tobacco Cessation
- Ship Shape
- Weight Management Support Group
- Preparing for Your Baby
- Nutrition During Pregnancy

Contact us to schedule a class at:
(401) 841- 6777



Class Descriptions

DIABETES NUTRITION: This 1-hour class is designed to educate those with diabetes about healthy eating and carbohydrate counting for optimal blood glucose control.

PREVENTING DIABETES/MONITOR: A 1.5 hour 1:1 appointment is offered to people who are interested in preventing diabetes and those whose fasting blood sugars are in the pre-diabetic range. Basic principles of pre-diabetes and the use of a glucose monitor are discussed. Monitor is provided.

DIABETES SUPPORT GROUP: A monthly support group for individuals/families with diabetes. Ongoing assistance, education and support is provided to help patients achieve optimal control of their diabetes.

LACATION ROOM: Open to all staff and patients, provides a clean, warm, private, and comfortable environment for moms to nurse. Room 1118, contact health promotion department for access.

TOBACCO CESSATION: This program is for individuals who are ready to commit to a tobacco free lifestyle. Support is provided to assist participants through nicotine withdrawal and behavior modification. Medications that assist in this process are reviewed and prescribed as indicated.

All Classes are available to be presented at any Tenant command call to schedule call:
401-841-6777

WEIGHT MANAGEMENT SUPPORT GROUP: A support group that meets every Tuesday, open to all active duty, beneficiaries, and DOD civilians who have the desire to improve their overall health through weight loss, maintenance, and control. The group will focus on setting small goals and providing motivation and emotional support in order to promote optimal health through healthy living. Different topics will be presented at each meeting and are also open to suggestions and requests.

SHIP SHAPE: This is an evidence-based behavioral health program, designed for Active Duty individuals who exceed or are in danger of exceeding Navy Body Composition Assessment (BCA) standards. Beneficiaries are also welcome to attend. Participants will learn strategies to eat healthier, overcome emotional barriers & increase their physical fitness levels. This 8 week class is offered bi-annually and meets weekly.

Food, Fitness, and Healthy Heart: A one hour class that discusses the principles of healthy eating, the importance of moving the body and the health and heart connection. My Plate is explored along with review of macro and micro nutrient sources, importance of fiber, meal planning, hydration and physical activity. Cardiac risk factors are identified, methods of modification discussed, and lab values reviewed.

All Classes are open to all AD, beneficiaries, and DOD civilians.

Nutrition During Pregnancy: This class offers an overview of the nutritional needs during pregnancy. We will discuss specific nutrients of concern, expected weight gain during pregnancy and the importance of food safety.

Preparing for Your Baby: Tricare, Immunizations and breastfeeding information. This is a one hour class for expected parents in their third trimester. Topics include; registering your newborn, access to care of NHCNE, tips and general information regarding immunizations, and breast feeding preparation

EVENTS

The Great American Smoke Out!

This is an all day event held at the Naval Health Clinic New England in Newport, RI

For more information about events contact us at: **(401) 841-6777**