



# Health Education Classes September



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>3</b>  <b>Labor Day</b>	<b>4</b> 1200: Tobacco Cessation Support Group R-80 1300: Balancing Your Energy Budget R-80  1600: Tobacco Cessation R-80 1615: Budgeting for Baby NMCRS	<b>5</b> 1100: Stress Reduction R-52 1300: Women's Group R-52	<b>6</b> 1100: Men's Group R-52 1700: Childbirth Education Class 1 NHOH CCR	<b>7</b>
<b>10</b> 1300: Spouses' Support Group R52	<b>11</b> 1400: ShipShape NOSC	<b>12</b> 1100: Stress Reduction R-52 1300: Women's Group R-52	<b>13</b> 1100: Men's Group R-52 1700: Childbirth Education Class 2 NHOH CCR	<b>14</b>
<b>17</b> 1300: Spouses' Support Group R52	<b>18</b> 1200: Tobacco Cessation Support Group R-80 1600: Tobacco Cessation R-80 1400: ShipShape NOSC 1600: Diabetes Wellness R-80	<b>19</b> 1100: Stress Reduction R-52 1300: Women's Group R-52 1600: Diabetes Wellness R-80	<b>20</b> 1100: Men's Group R-52 1300: Health and Fitness 101 Gym 1700: Childbirth Education Class 3 NHOH CCR	<b>21</b>
<b>24</b> 1300: Spouses' Support Group R52	<b>25</b> 1400: ShipShape NOSC 1600: Diabetes Wellness R-80 1700: Breastfeeding NHOH CCR	<b>26</b> 1100: Stress Reduction R-52 1300: Women's Group R-52 1600: Diabetes Wellness R-80	<b>27</b> 1100: Men's Group R-52 1300: Health and Fitness 101 Gym 1700: Childbirth Education Class 4 NHOH CCR	<b>28</b>
			<b>Location of classes:</b> <b>NMCRS</b> =Seaplane - Bldg 13 <b>NHOH CCR</b> =Naval Hospital Command Conference Room <b>R-52 and R-80</b> =White trailers across the street from hospital <b>NOSC</b> =Next to Ault Field gas station	<b>Dietician:</b> 257-9590 Shipshape, Diabetes <b>Health Promotion:</b> 257-9892 Tobacco Cessation, Balancing Your Energy Budget <b>Childbirth Ed:</b> 257-9899 <b>NMCRS:</b> 257-2728 <b>Stress Reduction/Spouses Support:</b> 257-9484

- **Budgeting for Baby:** This class is sponsored by the Navy-Marine Corps Relief Society. Financial counselors discuss budgeting basics and help you prepare for the financial aspects of parenthood. Receive a free junior seabag after attending. For more information or to register for class, contact NMCRS at 257-2728.
- **Childbirth Education:** A series of 4 classes to help you understand the birthing process, medical interventions associated with birth, and comfort measures. Postpartum care, newborn care/safety, and breastfeeding basics are also discussed. For more information contact the Childbirth Educator at 257-9899.
- **Breastfeeding Class:** A class to introduce and review: Benefits of breastfeeding, tricks to getting off to a good start, different positioning, and signs of a good latch. Frequency = Stimulation = Supply = Output = Weight Gain. Common discomforts, pumps, returning to work. Review of resources and support available. For more information contact the Childbirth Educator at 257-9899.
- **Tobacco Cessation Class:** Ready to quit? We can help. During the 2 hour discussion the Health Promotion staff will assist you in developing your quit plan: selecting a quit day, determining a quit method, developing your support team, and making lifestyle and environmental changes that will support your cessation efforts. The class is open to active duty, retirees, family members, and civilian personnel. Contact Health Promotion at 257-9892 for more information or to register for the next class. Individual sessions are also available.
- **Tobacco Cessation Support Group:** The support group is designed for people who are in the process of quitting or have already quit using tobacco products. We discuss your commitment to a healthier lifestyle, assess your reasons to quit, share anecdotes, and offer support to current/former tobacco users. The group meets every Tuesday at 1200 in building R80, located across from the Naval Hospital. No registration is required, just stop in. Contact Health Promotion at 257-9892 for more information.
- **Balancing Your Energy Budget:** An interactive 2 hour class designed to help you determine your daily energy needs. Our focus is on basic nutrition and physical fitness, key components for maintaining healthy weight. The class is open to active duty, retirees, family members, and civilian staff. For more information or to register for the next class contact Health Promotion at 257-9892.
- **Ship Shape:** A multi-dimensional program for Active Duty Personnel, Adult Family Members, and DoD Civilians which focuses on nutrition education, physical fitness, and behavior modification in support of a healthier body composition and lifestyle. The class meets weekly for 8 weeks. For more information or to register, contact your CFL and/or the Dietician at 257-9590.
- **Health and Fitness 101:** Explore new fitness techniques to improve your overall health and wellness. 8 week fitness program: each session includes goal setting, stress management, nutrition tools and workout session led by the NASWI fitness team. Preregister by 13 Sep, classes start Sep 20. Contact the Fitness Center at 257-2433 for more information.
- **Diabetes Wellness:** Designed for further education following initial visit with the Diabetes Nurse Educator and Dietician. Your Diabetic Team includes Internist, Pharmacist, Nurse Diabetes Educator, Dietician and Fitness Specialist. For more information or to register, contact 257-9801.
- **Insulin Education:** Group education classes for patients on insulin therapy – newbies and long-timers. Two-day class offered twice per month: Oct 16-17 and Oct 23-24. Discuss purpose of insulin therapy, mechanism of action, injection times, meal times, develop skills of carbohydrate counting and problem solving. Contact your Health Care Provider for more information.
- **Stress Reduction – Weekly Mindfulness Group:** A weekly drop-in group where you will learn and practice mindfulness skills. These skills are designed to reduce stress, reduce suffering (physical and emotional) and promote relaxation. The techniques learned work best if you are curious, interested in or familiar with mindfulness approaches, breathing meditation, are open minded, and are looking for a “kinder-gentler approach”. The group is open to all: military personnel, family members, and civilian staff. For more information contact Amy Watts, LCSW at amy.watts@med.navy.mil or call 257-9484.
- **Spouses Support Group:** A weekly group targeting spouses who may feel depressed, isolated, have little support, don't know many people in the area, or family members are deployed. We provide a forum to make connections with other spouses who understand. The group meets every Monday at 1300 in Bldg R52, located across from the hospital. Please call 257-9484 for more information on how to sign up for this group.
- **Men's and Women's Group:** Weekly discussion groups for education and support. The Women's Group meets on Wednesday 1300-1430; the Men's Group meets on Thursday 1100-1200 in Bldg R52, located across from the hospital. For more information or to sign up for this group, contact 257-9484.