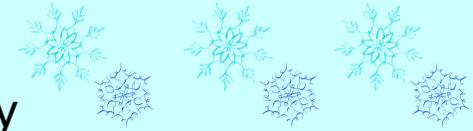




Health Education Classes January



Monday

Tuesday

Wednesday

Thursday

Friday

<p>Health Promotion: 257-9892 Dietician: 257-9590 Childbirth Ed: 257-9436 Meditation/Support Groups: 257-9484 NMCRS: 257-2728 FFSC: 257-6289 TRAC: 1-800-404-4506</p>	<p align="center">Healthy Eating</p> <p>Eating healthy foods is different from dieting. Choosing the right foods can keep you feeling full longer and energized throughout the day to perform your duties. If you develop lifelong healthy eating habits, you won't need to diet because your body will be getting the right fuel to thrive. The best foods for peak performance are fruits, vegetables, lean protein, and whole grains. Your average meal should be colorful with ½ plate consisting of fruits and veggies, ¼ plate with lean protein, and ¼ plate with whole grains. Begin the road to healthier eating habits in small, incremental steps, such as replacing white “wonder” bread with a whole grain variety.</p>			<p align="center">1</p> <p align="center">New Year's Day Holiday</p>
<p>4</p> <p>1300: Sexual Trauma PTSD Group R-52</p>	<p>5</p> <p>1000: Deployment PTSD Group R-52</p> <p>1300: Tobacco Cessation R-53</p> <p>1730: Budgeting for Baby NMCRS</p>	<p>6</p> <p>1100: Meditation Group R-52</p> <p>1300: Women's Group R-52</p>	<p>7</p> <p>1000: Budgeting for Baby NMCRS</p> <p>1030: Men's Group R-52</p> <p>1700: Childbirth Education Class 1 NHOH RM 460</p>	<p>8</p> <p>1300: Moving Forward R-52</p>
<p>11</p> <p>1300: Sexual Trauma PTSD Group R-52</p>	<p>12</p> <p>1000: Deployment PTSD Group R-52</p> <p>1000: Couples Communication FFSC</p> <p>1300: Tobacco Cessation R-53</p>	<p>13</p> <p>1100: Meditation Group R-52</p> <p>1300: Women's Group R-52</p>	<p>14</p> <p>1030: Men's Group R-52</p> <p>1700: Childbirth Education Class 2 NHOH RM 460</p>	<p>15</p> <p>1300: Moving Forward R-52</p>
<p>18</p> <p align="center">Martin Luther King Day Holiday</p>	<p>19</p> <p>1000: Deployment PTSD Group R-52</p> <p>1300: Tobacco Cessation R-53</p>	<p>20</p> <p>1100: Meditation Group R-52</p> <p>1300: Women's Group R-52</p>	<p>21</p> <p>1030: Men's Group R-52</p> <p>1300: Stress and Anger Management FFSC</p> <p>1700: Childbirth Education Class 3 NHOH RM 460</p>	<p>22</p> <p>1300: Moving Forward R-52</p>
<p>25</p> <p>1300: Sexual Trauma PTSD Group R-52</p>	<p>26</p> <p>1000: Deployment PTSD Group R-52</p> <p>1300: Tobacco Cessation R-53</p>	<p>27</p> <p>1100: Meditation Group R-52</p> <p>1300: Women's Group R-52</p> <p>1400: ShipShape NHOH</p>	<p>28</p> <p>1030: Men's Group R-52</p> <p>1700: Childbirth Education Class 4 NHOH RM 460</p>	<p>29</p> <p>1300: Moving Forward R-52</p>

- **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 257-9436.
- **Tobacco Cessation Class:** Ready to quit? We can help. During the 1 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. The Tobacco Clinic is located in R-53, modular across from the main hospital.
- **Ship Shape:** A multi-dimensional program for Active Duty Personnel, Adult Family Members, Retirees 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 for 8 weeks. For more information or to register, contact your CFL and/or the Dietician at 257-9590.
- **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. Biannual classes held in R80, modular across from the Naval Hospital. The next class series is scheduled for April. For more information or to register, contact 257-5106.
- **Meditation Group:** A weekly 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 work best if you are curious, interested in or familiar with mindfulness approaches and breathing meditation, are open minded and looking for a "kinder-gentler approach". The group is open to all: military personnel, family members, and civilian staff. For more information call 257-9484.
- **Men's and Women's Group:** Weekly discussion groups for education and support. The Women's Group meets on Wednesday 1300-1400; the Men's Group meets on Thursday 1030-1200 in Bldg R52, located across from the hospital. For more information or to sign up for this group, contact 257-9484.
- **Sexual Trauma PTSD Group:** Weekly discussion group for education and support. For more information or to sign up for this group, contact 257-9484.
- **Deployment PTSD Group:** Weekly discussion group for education and support. For more information or to sign up for this group, contact 257-9484.
- **Moving Forward:** A "life skills" training program that teaches participants problem-solving skills to enhance transitions and/or overcome stressful difficulties in life. Focus is on enhancing recovery and resilience skills, improving overall quality of life, and preventing clinical levels of pathology. This class is taught in four 1-hr classes, Fridays at 1300, a new class will start the first Friday of each month. Participants do not have to be current Mental Health Clients to participate, but do have to pre-register and complete pre-test assessment. Formal referral is not necessary, and this can be scheduled over the phone or in person. Due to the nature of the class, no children please. Preregistration required, contact 257-9484 to sign up.
- **Couples Communication:** Identify blocks to communication, create processes to resolve conflict, and improve lines of communication. For more information or to register for the next class contact Fleet and Family Support at 257-6289.
- **Stress and Anger Management:** Definitions, origins and physiologic effects of stress and anger, develop effective management techniques. For more information or to register for the next class contact Fleet and Family Support at 257-6289.
- **Positive Parenting:** Focus on "natural and logical consequences" vice reward/punishment as a means of discipline. Two class series: Wed and Thurs 0900-1600. For more information or to register for the next class contact Fleet and Family Support at 257-6289.