

QUOTA REQUEST TO ATTEND NAVY HEALTH PROMOTION AND WELLNESS COURSE; TOBACCO CESSATION FACILITATOR TRAINING; AND/OR SHIPSHAPE PROGRAM FACILITATOR TRAINING at NEPMU2, Norfolk, VA.

Name (First, Middle Initial and Last): _____

Rate/Rank and Corps (for Military) or GS Level and Title (for Civilians):

Command Name: _____

Command Address (Include Street, Box, or Building Number, if applicable and nine (9) digit Zip Code): _____

E-mail Address: _____

Primary and Alternate Phone Number (including DSN):
_____ and _____

Primary and Alternate FAX Number (including DSN): _____
and _____

Position at Command Related to Health Promotion & Wellness Program:

Is this a Primary or Collateral Duty for you? _____

Rotation or Departure Date from Command or from this Position: _____

Please indicate which training you are requesting a quota for:

_____ **Navy Health Promotion & Wellness Course: 17-19 March 2014**

* Only individuals E-6 and above or GS-9 and above should apply for a quota to attend this course.

_____ **Tobacco Cessation Facilitator Training: 20 March 2014** (same location as Navy HP & Wellness Course)

Only individuals who are at least an E-4 and tobacco-free for at least 6 months prior to attending training should plan to attend.

_____ **ShipShape Program Facilitator Training: 21 March 2014** (same location as Navy HP & Wellness Course).

*** Only individuals who are assigned as the ShipShape Program Facilitator for their command and who can commit to offering the ShipShape Program at least twice a year will be considered for this training.

Student check-in for all courses 0730. All classes will run from 0800-1630.

Return Quota Request Form to Sally Vickers at E-mail: Sally.vickers@med.navy.mil or FAX to: (757) 953-0705; DSN: 377-0705. For further information, call (757) 953-0956.

Reminder: Deadline to Request Quota: Monday, 3 March 2014