

**QUOTA REQUEST TO ATTEND NAVY HEALTH PROMOTION AND WELLNESS COURSE; TOBACCO CESSATION FACILITATOR TRAINING; CHOW COURSE AND/OR SHIPSHAPE PROGRAM FACILITATOR TRAINING**

**Location: All training will take place at NEPMU2, Norfolk Naval Station, 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: 16-18 March 2015

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

\_\_\_\_\_ \*\* Tobacco Cessation Facilitator Training: 19 March 2015

\*\*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.

\_\_\_\_\_ Choose Healthy Options for Wellness (CHOW) Course: 19 March 2015

\_\_\_\_\_ \*\*\* ShipShape Program Facilitator Training: 20 March 2015

\*\*\* Attendees must be at least an E-5 or civilian equivalent, be a non-tobacco user and serve as a role model for program participants. Active-duty attendees must be within BCA standards and have scored an excellent or above on the most recent PRT. Additionally, attendance at either the NMCPHC CHOW Course or the Mission Nutrition training offered by Navy Fitness MWR staff are required prerequisite training to attend the ShipShape Facilitator Training, except for dietitians or individuals who can provide evidence of a degree in nutrition.

All attendees must commit to facilitating the ShipShape Program at least twice each year.

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

Return Quota Request Form to New: [NMCPHC-HPW-Training@med.navy.mil](mailto:NMCPHC-HPW-Training@med.navy.mil) or FAX to: (757) 953-0705. For further information, call (757) 953-0956; DSN: 377-0956.

**Reminder: Deadline to Request Quota: Monday, 2 March 2015**