

QUOTA REQUEST TO ATTEND: Choose Healthy Options for Wellness (CHOW) Course and ShipShape Program Facilitator Training

Dates: 19-20 November 2014

Sponsor: Navy & Marine Corps Public Health Center

Location: Naval Medical Center Portsmouth, Bldg. 3, 11th Floor, Berglund Room Address: 620 John Paul Jones Circle, Suite 1100 Portsmouth, VA 23708

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):

Command E-mail Address: _____

Personal E-mail Address if available and unable to accept attachments at Command E-mail:

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

Primary #: _____ Alternate #: _____

Please indicate which training you are requesting a quota for:

_____ **Choose Healthy Options for Wellness (CHOW) Course: Wednesday, 19 November**

_____ *** ShipShape Program Facilitator Training: Thursday, 20 November**

*This training targets Health Promotion Coordinators, Dietitians, Nurses and other individuals interested in becoming ShipShape Program Facilitators. 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. If you already meet this required prerequisite training, please provide a copy of your certificate of attendance at either the CHOW Course or Mission Nutrition or your degree in nutrition with your quota request. Otherwise indicate above that you are requesting a quota to attend both the CHOW Course and the ShipShape Program Facilitator Training.

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

Student check-in for both trainings is 0730-0800. Classes will run from 0800-1630 both days.

Return completed Quota Request Form to: HP-Training@nehc.mar.med.navy.mil

For further information, call (757) 953-0956 or DSN: 377-0956

Reminder: Deadline to Request Quota: Friday, 7 November 2014

Attendees will receive a Quota Letter with further details regarding the training shortly after the registration deadline.