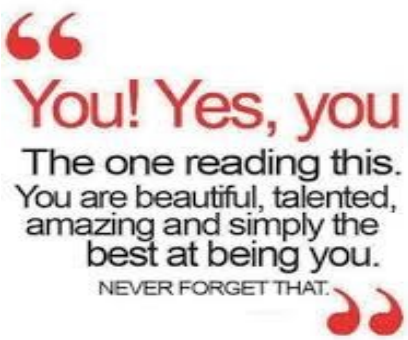
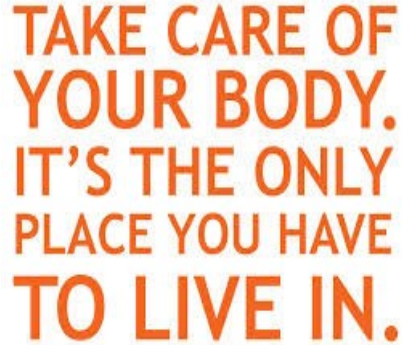




Naval Medical Center San Diego
Health and Wellness Department
(619) 532-6573/6846

Naval Medical Center San Diego Health and Wellness Department

October — December 2014

October

HEALTH LITERACY

The ability to understand information about your health so you can make wise health care decisions

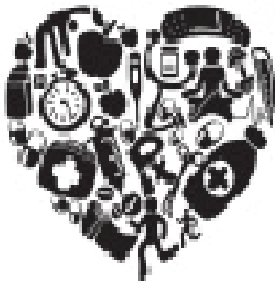
November

TOBACCO FREE LIVING

December

IMPAIRED DRIVING PREVENTION

NMCSD HEALTH & WELLNESS DEPARTMENT



What is Health and Wellness?

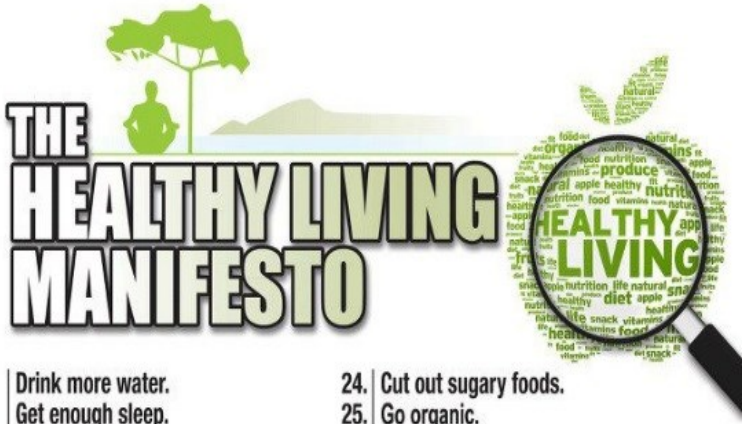
Health and wellness is the science and art of helping people change their lifestyle to move toward a state of optimal health. Optimal health is defined as a balance of physical, emotional, social, spiritual, occupational and intellectual health. Optimal health can be achieved by making lifestyle changes. These changes can be facilitated through a combination of efforts that encourage people to develop healthy habits, while discouraging those habits that may lead to illness, disability or premature death.

The preventive aspects of health and wellness influence the whole spectrum of care from the very healthy to those who need assistance in managing disease or disability. The cornerstone of any health and wellness effort supports the idea that individuals must assume responsibility for their ongoing health.

The Naval Medical Center San Diego Health and Wellness Department supports organizational and individual efforts that assist people in reaching their goal of optimal health.

You can also visit us on the Web at http://www.med.navy.mil/sites/nmcsd/pages/default.aspx. Click care topics under patient services. A variety of information on the services provided by Health and Wellness, including, descriptions of classes, is available. You may also request many courses online.

Notes, Ideas, or Questions



1. Drink more water.
2. Get enough sleep.
3. Meditate.
4. Exercise.
5. Pick exercises you enjoy.
6. Work out different parts of your body.
7. Eat more fruits.
8. Eat more vegetables.
9. Pick bright colored foods.
10. Cut down on processed food.
11. Love yourself.
12. Go barefoot walking/running.
13. Purge negative people from your life.
14. Purge negativity from yourself.
15. Journal out unhappy thoughts.
16. Avoid trigger foods.
17. Breathe. Deeply.
18. Address emotional eating issues.
19. Eat small meals.
20. Stop eating when you feel full.
21. Go for brown carbs vs. white carbs.
22. Live a life with purpose.
23. Say no to oily food.
24. Cut out sugary foods.
25. Go organic.
26. Improve your posture.
27. Cut out soda and caffeine.
28. Don't drink alcohol.
29. Learn to prepare your own meals.
30. Learn to say no.
31. Bring a water bottle when you go out.
32. Dine at salad bars more often.
33. Go for low calorie, low fat alternatives.
34. Stop smoking.
35. Avoid passive smoking.
36. Have healthy snacks.
37. Drink fruit/veg smoothies.
38. Try juicing.
39. Go on a vegetarian diet.
40. Go on a vegan diet.
41. Try raw veganism.
42. Get out more often.
43. Exercise good dental hygiene.
44. Join classes.
45. Hang out with healthy people.

Naval Medical Center San Diego (NMCSD):

Health and Wellness Department	
Appointment Desk	(619) 532-6846
Nutrition Department	(619) 532-7636

Naval Branch Health Clinics (NBHC):

MCAS Miramar	(858) 577-6252
MCRD	(619) 524-4045
NB Coronado	(619) 545-9473
NBSD 32nd St.	(619) 556-8101
NTC	(619) 524-4947
Chula Vista	(619) 744-5393
East Lake	(619) 744-5393
Kearny Mesa	(619) 645-0155
East County	(619) 645-0114
Rancho Bernardo	(858) 673-2300

Fleet & Family Support Centers (FFSC):

MCAS Miramar	(858) 577-5361
MCRD	(619) 524-5728
Murphy Canyon	(858) 277-4259
NAS North Island	(619) 545-6071
NBSD 32nd St.	(619) 556-7404
Naval Base Point Loma	(619) 553-7505

SEMPER FIT:

MCRD	(619) 524-8913
MCAS Miramar	(858) 577-1331/7963

MWR:

NBSD 32nd St.	(619) 556-7443/7444
NAS North Island	(619) 545-2877
NMCSD	(619) 532-7260
ASW	(619) 524-4833/0728
Naval Base Point Loma	(619) 553-8525
Naval Amphibious Base	(619) 437-2186

REFERRAL:

Alcoholics Anonymous	(619) 265-8762

Food Assistance (call Fleet & Family Support Center)

NMCSD HEALTH & WELLNESS DEPARTMENT

TOBACCO CESSATION COURSE DESCRIPTION

(Open to all beneficiaries)

Designed to help you "kick" your tobacco habit and to learn how to cope with the difficulties of tobacco cessation. The behavior-modification–based program consists of group support and the use of Nicotine Replacement Therapy (NRT).

(3) RESOURCES TO QUIT TOBACCO USE!

A two-session Behavior Modification and Pharmacotherapy Intervention (NRT) is offered once a month

Monday 1100 - 1230 NMCSD, Bldg 26, 1st floor

October 6, 20
November 3, 17
December 1, 15

To register call (619) 532-6846

Tobacco Cessation Support Group

Thursday 1100-1230 NMCSD, Bldg 26, 1st floor

October 2
November 6
December 4

To make an appointment call (619) 532-6846

NMCSD, Health and Wellness Department is located in Bldg 26, 1st floor, next to the NEX.

CARDIOLOGY CLINIC

What: Walk-in Clinic, physician-led group format
Where: Cardiology Clinic, Bldg. 3, 3rd floor
When: Every Wednesday 1600 - 1700

For more information call the Cardiology Department at (619) 532-7400

NMCSD HEALTH & WELLNESS DEPARTMENT

To register, or for more information call (619) 532-6846/7764

HEALTHY WEIGH

(Open to all beneficiaries)

Learn to choose a healthy diet, reduce your intake of fat and cholesterol, read food labels, overcome exercise hurdles, and make lifestyle changes.

NMCSD, Bldg. 26, 1st floor

Monday 1000 - 1130	**Wednesday 1700 - 1830**
October 6, 20, 27	**October 8, 15, 22**
November 3, 17	**November 5, 12**
December 1, 15	**December " No Classes"**

NEW HEALTHY BEGINNINGS

(Open to all beneficiaries)

A unique and comprehensive twice a month program that addresses nutrition choices, eating and exercise patterns, behavioral and healthy lifestyle changes to promote health and well-being. The program incorporates a dietitian, exercise physiologist, medical provider, and a mental health specialist who all encourage increasing exercise, and changing your food choices to accommodate a healthier life. Active Duty members and all family members meet at the NMCSD Health & Wellness Department, Bldg. 26, 1st floor.

Participants need to take the "Healthy Weigh" or "ShipShape" class before enrolling.

1st & 3rd Monday 1130 -1300

Additional Services Offered at NMCSD

ASYMCA

The Armed Services YMCA located in Bldg 1-G provides these relevant programs and services for wounded, ill and injured members that "Makes Military Life Easier."

In-patient services include:

- Welcome gift bag for newborns and patient recreation items such as video games, movies, puzzle books and crafts.
- Out-patient events and activities for those attached to a Medical Hold Unit
- Confidential counseling services offered by Licensed Clinical Social Workers for Active Duty and their families
- Annual special events for children enrolled in Exceptional Family Member Program

To volunteer aboard NMCSD or for more information on Armed Services YMCA, please call our offices at (619) 532-8156 Monday-Friday 0800 - 1630 or visit our website: www.militaryymca.org

MULTIPLE SCLEROSIS SUPPORT GROUP

The MS Support Group is open to patients with MS and their family members (active duty, retirees, and dependents). Each meeting features a qualified speaker who addresses issues of interest to patients with MS. Meetings are held the third Monday of each month (except January and February when meetings are held on the fourth Monday) for one hour from 1130 – 1230. They are held in the Hematology/Oncology Conference Room in the back of the NMCSD Neurology Clinic, Bldg 3 2nd floor. For more information, call the Neurology Clinic at (619) 532-5648.

BREAST CANCER PATIENT SUPPORT GROUP

Meets in the Breast Health Center
Bldg 1, 2nd floor
1400 - 1530, Every 3rd or 4th Thursday.

Call for scheduled dates or more information at (619) 532-9890.

Additional Services Offered at NMCSD

NMCSD Lactation Services

BREASTFEEDING SUCCESS CLASS (DURING YOUR HOSPITAL STAY)

Monday - Friday 1000 - 1100

Come join us and learn how for **FREE**! Highly recommended for all newly delivered moms; dads are invited, as well. Please feel free to bring your new baby and learn feeding and positioning tips. This class will help to prepare you for what to expect from the first 24 hours through the first two weeks following delivery and discharge from the hospital.

Location: Bldg 1, 3rd floor, Maternal Infant Unit (MIU) Conference Room

BREASTFEEDING WARMLINE (HELP LINE)

Monday - Friday (excluding federal holidays)
0830 - 1500

Do you have a breastfeeding question or concern?
Leave a recorded message. Phone messages will be returned between 0830 - 1500. Messages left after 1500 will be returned the next day. **(619) 532-5261**

LACTATION CLINIC

Board-Certified Lactation Consultants are available for private and confidential consultations during your hospital stay six days a week, Sunday - Friday.

(619) 532-5261

NMCSD HEALTH & WELLNESS DEPARTMENT

To register, or for more information call (619) 532-6846/7764

SHIPSHAPE

(Open to Active Duty only)

ShipShape is an 8-week BUMED instructed Navy weight loss program that supports the 21st Century Sailor and Marine Initiative for readiness and continuum of service by promoting permanent lifestyle improvements for nutrition, physical fitness, and psychological focus. ShipShape is highly recommended for members who fail or who are in jeopardy of failing BCA standards or who want to learn how to live a healthier lifestyle. The class is limited in size to those who are out of body weight/ fat standards or are in danger of being out of standards. This program, primarily designed for Active Duty, is open to all beneficiaries on a space-available basis. Call for a SHAPE appointment to get referred into the ShipShape program.
ShipShape class takes place at NMCSD Health & Wellness Department, Bldg. 26, 1st floor.

Monday 0730 -1030
October 20, 27
November 3, 10, 17, 24
December 1, 8

NMCSD HEALTH & WELLNESS DEPARTMENT

To register, or for more information call (619) 532-6846

DIABETES SELF MANAGEMENT TRAINING (DSMT)

(Open to all beneficiaries)

This program is designed to provide information about understanding & managing diabetes. The materials covered include: Treatment, exercise, medications, nutrition, disease complications and guidance for self-management.

NMCSD, Bldg. 26, 1st floor

3rd Tuesday 0700 -1300

October 21 November 18 December 16

DIABETES GOOD FRIEND (GF) PROGRAM

(Open to all beneficiaries)

The Diabetes GF offers free services to NMCSD beneficiaries having diabetes who have COMPLETED the six-hour Diabetes Class (see above for dates of six-hour class)

A Diabetes GF is phone-based and has:

*completed extensive training
*managed daily challenges of diabetes very well
*can help someone adjust to the diagnosis of diabetes

Additional Services Offered at NMCSD

Morale, Welfare & Recreation

The Fitness Center

Monday - Thursday 0500 - 2030
Friday 0500 - 1900
Saturday and Sunday 0900 - 1600
Holidays 1000 - 1600 (unless otherwise posted)

Located in Bldg 26, 1-B
(619) 532-7260

This facility offers state of the art resistance and cardiovascular training equipment, large free weight area, boxing/wrestling area, massage therapy room, co-ed dry sauna, stretch/cool-down room and men's and women's locker room facilities, MicroFit fitness testing/ wellness profile. One-on-one personal training/consultation.

Athletic Complex

Facility Hours
Monday – Friday 0530 - 2000
Saturday and Sunday 1200 - 1700
Holidays 1200 - 1700

Pool Hours
Monday - Friday 0530 - 0830, 1000 - 1700
Saturday and Sunday 1230 - 1630
Most Holidays 1230 - 1630

Located in Bldg 12
(619) 532-8516

This facility offers a gymnasium for basketball and volleyball, aerobics/fitness studio, cardiovascular equipment, weight training room, two racquetball courts, two lighted tennis courts, 25-meter swimming pool, lighted softball field, sand volleyball court with picnic area, co-ed sauna, co-ed therapy whirlpool and men's and women's locker facilities. Also offered daily group exercise classes, master swim program, swimming lessons and ongoing intramural sports program.

Additional Services Offered at NMCSD

PERSONAL RISK FOR BREAST CANCER

Are you interested in knowing more about your risk for breast cancer? The Breast Health Center offers one-hour lectures to address personal risk for breast cancer, risk reduction and genetic testing. Join us to learn more about risk factors, early detection, and the latest information for prevention. Classes are offered monthly.

To register, or for more information call Breast Health Center at (619) 532-5828

BREAST SELF-EXAM INSTRUCTION

What every woman should know; how to perform an effective monthly breast self-exam. Learn about breast anatomy, risk factors for breast cancer, American Cancer Society breast cancer screening guidelines, and techniques for performing a complete breast self-exam. Group or individual appointments available.

To register, or for more information call Breast Health Center at (619) 532-5828

LOOK GOOD . . . FEEL BETTER PROGRAM

A program sponsored through the American Cancer Society providing tips on hair and skin care for women in cancer treatment. There is no cost associated with the program. Complimentary makeup and skin care products.

For more information, call the Hematology/Oncology Clinic at (619) 532-7364

ACUPUNTURE FOR CANCER PATIENTS

(Open to all beneficiaries with active consultation)

****Classes normally held on Tuesdays from 1300-1500, Oncology Clinic. To register, for more information, call (619) 532-7300***

NMCSD HEALTH & WELLNESS DEPARTMENT

To register, or for more information call (619) 532-6846

PRE-DIABETES CLINIC

(Open to all beneficiaries)

Preventing diabetes can be as easy as changing lifestyle habits regarding food choices and physical activity. This class will help people with pre-diabetes identify lifestyle changes that will help them delay or avoid the development of diabetes.

NMCSD, Bldg. 26, 1st floor

2nd Tuesday 1300 - 1430
October 14 November "No Class" December 9
4th Tuesday 0900 - 1100
October 28 November 25 December "No Class"

Blood Test Levels for Diagnosis of Diabetes and Prediabetes

	A1C (percent)	Fasting Plasma Glucose (mg/dL)	Oral Glucose Tolerance Test (mg/dL)
Diabetes	6.5 or above	126 or above	200 or above
Prediabetes	5.7 to 6.4	100 to 125	140 to 199
Normal	About 5	99 or below	139 or below

Definitions: mg = milligram, dL = deciliter
For all three tests, within the prediabetes range, the higher the test result, the greater the risk of diabetes.

DIABETES SUPPORT GROUP

(Open to all beneficiaries)

Come relax in a friendly, caring environment, and share your thoughts, feelings, ideas and experiences with others who face the challenges of living with diabetes. This is an effective way to expand your knowledge and may in turn help others. Groups held at **NMCSD, Bldg. 26, 1st floor**

4th Thursday 1030 - 1300
October 23 November "No Class" December "No Class"

NMCSD HEALTH & WELLNESS DEPARTMENT

To register, or for more information call (619) 532-6846

LEARN TO LOWER YOUR CHOLESTEROL

(Open to all beneficiaries)

Designed to help you understand the difference between "good" and "bad" cholesterol, choose foods that are lower in fat and cholesterol, and identify lifestyle changes that can improve your cholesterol profile. Tips will be given for heart-healthy dining in the galley, in restaurants and when cooking at home.

2nd Tuesday 1000 - 1200 NMCSD, Bldg 26, 1st floor
October 14 November 10 December 9**
****Monday Class due to holiday****

HEALTHIER HEART CLASS

(Open to all beneficiaries)

A one-day class with a team of healthcare professionals with information about heart disease. Topics include disease management, medication, exercise, diet and nutrition. Lifestyle changes are often necessary to prevent heart attacks and manage heart disease.

4th Monday 0830-1300 NMCSD, Bldg 3, 1st floor
OB-GYN Conference Room
October 27 November 24 December "No Class"

Additional Services Offered at NMCSD

BEREAVEMENT SUPPORT SERVICES

We often grieve in our personal losses, and we feel deeply about losses in the lives of our patients, families, and co-workers. Our Pastoral Care Staff offers individual and family counseling. We are a comprehensive resource for bereavement information and referral for our military families and healthcare community. ***Please call Pastoral Care service at (619) 532-6025***

CREDO - *(Chaplain's Religious Enrichment and Development Operations)*

Promotes personal and spiritual development for active duty and family members. In a community of care, participants build supportive relationships and learn to relate to God, others, and themselves. During the 72-hour retreat (with no-cost TAD orders), participants discover the value of who they are and how to experience meaningful and spiritual lives. ***For more information call (619) 556-2826***

NAVY SUICIDE PREVENTION

Several myths exist about suicide and suicide prevention… wouldn't you rather know the truth? Below are facts that counter common misconceptions about suicidal ideation and intervention. By knowing the truth, you can empower yourself to ACT!

Truth: Discussing the subject of suicide openly promotes help-seeking behavior.

One of the many reasons Sailors do not speak up about their feelings of hopelessness is because they fear negative perceptions. By starting a discussion, you are not giving a suicidal person morbid ideas or increasing risk. The opposite is true – bringing up the subject of suicide and discussing it openly is one of the most helpful things you can do. ***For more information call (619) 553-0600***

Patient Relations Department

Patient Relations Mission Statement

The Patient Relations Department is committed to delivering a proactive approach of superior customer service to NMCSD beneficiaries while providing supportive guidance to staff within a complex medical system.

How can we help you?

As Patient advocates we are dedicated to providing outstanding customer service to all our beneficiaries. We assist patients and hospital staff in resolving difficult and potentially challenging issues.

Communication Assistance

We provide or obtain sign language interpreters and other language needs upon request. Assistive communicative devices are also available upon request.

Patient Relations Department

The Patient Relations Department is open weekdays from 0730 - 1600, and on Saturdays from 0800 - 1500, in Bldg. 1, 1st floor (next to the Main Pharmacy). ***Our phone number is (619) 532-6418 or (619) 532-6416 or you can also reach us by email at:***
nmcsandiego-patientrelationsstaff@med.navy.mil

Health Benefits Office

Have questions or concerns regarding your health benefits? If so, contact one of our Health Benefits Advisors who provides ***personalized health benefit counseling*** to all eligible beneficiaries. The office is open Monday thru Friday, from 0700 - 1630, in Bldg. 2, 1st floor.
For more information, please call (619) 532-8328

NMCSD HEALTH & WELLNESS DEPARTMENT

To register, or for more information call (619) 532-6846

HEALTHY SHOPPING TOUR

(Open to all beneficiaries)

A visit to the local commissary can be confusing. What do the terms "lean," "lite," and "low fat" mean? The Healthy Shopping Tour will explain these terms, ease your frustration and teach you about healthy foods. A Registered Dietitian will lead you through the commissary maze and help you select foods that are both nutritious and affordable.

Naval Base San Diego 32nd Street Commissary
1st Tuesday 0830 - 1030
October 7 November 4 December 2

HEALTHY COOKING CLASSES

(Open to all beneficiaries)

Come join us for a "hands-on" cooking class. You will learn how to prepare a healthy meal using a variety of recipes that are easy and inexpensive to prepare. Best of all, you get to eat what you cook at the end of the class.

Tuesday 1700 - 1900 NMCSD, Bldg 26, 1st floor
October 7, 14, 21 November 4, 18 December 2, 9, 16

NMCSD HEALTH & WELLNESS DEPARTMENT

SENIOR WELLNESS PROGRAM

Next Class Starts October 22 - December 17, 2014
0930 - 1200

The Senior Wellness Program is a 13-week program incorporating exercise and informational health lectures. Senior Wellness meets Wednesday mornings. A comprehensive Senior Fitness Assessment is administered pre and post program. A Physician's medical release is required prior to enrollment.

To register, or for more information call (619) 532-6846

SENIOR STRENGTH TRAINING

This class is for seniors who completed Senior Wellness. It provides an orientation to safe exercise for those who have not used a gym before. Participants use a variety of modalities such as free weights, elastic stretch bands, medicine balls and weight machines to improve overall strength and functional ability. The routine is modified as necessary for each individual to include flexibility, balance and aerobic components. The class meets weekly. For more information call Fred Tackett or Betty Michalewicz at (619) 532-7727

SENIOR YOGA

Certified Yoga Instructors from **Silver Age Yoga** teach this program. Participants are encouraged to attend a minimum of eight weeks to begin to realize benefits from the exercise. All beneficiaries over the age of 50 years young can reap the many rewards of this ancient system of well-being.

For more information call (619) 532-6528

The Fleet & Family Support Center

These classes are sponsored and conducted by the Navy Fleet & Family Support Center (FFSC). For additional FFSC resources & classes call (619) 556-7404

STRESS & ANGER MANAGEMENT

Building Effective Anger Management Skills (BEAMS) will guide you toward effective ways of managing the "angry times" in your life. In addition, learn the causes and effects of stress and how to handle it successfully.

STRESS MANAGEMENT **NMCSD, Bldg. 26, 1st floor**
Wednesday 1400 - 1600
October 1 November 5 December "No Class"

BEAMS (ANGER) **NMCSD, Bldg. 26, 1st floor**
Wednesday 1400 - 1600
October 15 November 19 December "No Class"

To register for all Stress, BEAMS, Self-Esteem and Conflict Resolution classes at NMCSD or NAVSTA, please call (866) 923-6478

Classes offered at MCRD:

Managing Stress and Managing Anger are offered at MCRD, Marine and Family Service Center (MFSC) - Bldg 14, which is behind the Gym next to the Field House.

For class dates, to register or for directions, call Laura Texier, at (619) 524-1200

NMCSD Pediatric Department Health Promotion

SIBLING CLASS

This class is taught in a small group format and is designed to provide the 3 - 6 year old child with information and skills to help welcome their new sibling into their family. The class is designed to ease the anxiety an older child might face when mom goes to the hospital, and to help prepare them for the role of big brother or big sister. Age-specific techniques are used, and the older sibling is taught how to interact with and, if appropriate, to help care for, a new baby. An age-appropriate video will help them learn about the changes that occur when a new baby comes home.

Thursday 1530 - 1630

October 16 November 20 December 18

INFANT/CHILD CPR TRAINING

Identifying and caring for breathing and cardiac emergencies in infants and children. This course is indispensable for parents, babysitters, teachers and anyone else who is in frequent contact with infants and young children. This class is available to active duty & dependents ONLY (child care not available) on a weekly basis at NMCSD.

To register, or for more information, please call (619) 532-6912

OB-GYN

The OB-GYN Department offers the following program:

- Prep for Birth Class/Tour – 36+ weeks.

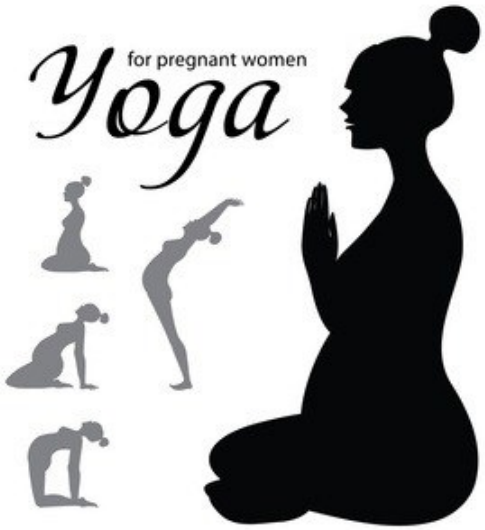
To register, or for more information call (619) 532-7000/7082

NMCSD HEALTH & WELLNESS DEPARTMENT

FIT MOTHERS YOGA

Health and fitness yoga group classes for Active Duty Mothers during pregnancy and immediately following delivery.

Call for more information, (619) 532-6846/7764



NMCSD HEALTH & WELLNESS DEPARTMENT

FIT EXPECTATIONS

This class is an exercise and wellness program tailored for pregnant Active Duty and beneficiary moms-to-be and those less than one year post-partum.

Monday 1330 - 1430 **NMCSD, Bldg 12 Pool Deck**

Program Manager, Betty Michalewicz, Exercise Physiologist (619) 532-7727; to register, or for more information call (619) 532-6846

NMCSD Pediatric Department Health Promotion

Location for the classes below:

NMCSD, Bldg 2, 1st floor
Pediatric Clinic Sub-Specialty Conference Room
(To register, or for more information, call (619) 532-6896)

MOM'S SURVIVAL TRAINING

This group format class is designed for women expecting a baby or babies. Topics discussed include preparing for and caring for a new baby, newborn care and safety and other topics of interest to new parents. You will gain support from meeting other moms with the same concerns and learn important child-care tips.

(Lunch is not provided, so please plan accordingly.)

Tuesday 0900 - 1430
October 14
November 25
December 23

BOOT CAMP FOR NEW DADS

This is a support group designed to provide or refresh your parenting skills. This class is designed for active duty or dependent males whose partners are expecting babies. If you're about to become a new Dad, this course is for you!

Tuesday 0900 - 1300
October 28
November 18
December 9

NAVAL BRANCH HEALTH CLINIC KEARNY MESA

8808 Balboa Ave., San Diego, CA 92123

(Open to all beneficiaries)

DIABETES SELF MANAGEMENT TRAINING (DSMT)

(For course description, please see page 6)

Tuesday 1300 - 1500
October TBD
November TBD
December TBD

DIABETES MEAL PLANNING

The right food choices are the cornerstone to controlling your blood glucose levels. This 2 hour class will explain the role of carbohydrate in blood sugar control, how to "carb count", a heart healthy diet, and how to handle special situations that may change your blood sugar control.

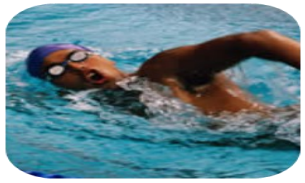
Thursday 1030 - 1230
October 9
November 13
December 4

To register, or for more information call (619) 645-0164

NMCSD HEALTH & WELLNESS DEPARTMENT

Wounded, Ill and Injured (WII) Wellness

WII is a comprehensive program that encompasses therapeutic recreation, fitness and adapted sports in the rehabilitation of wounded, ill and injured service members and veterans with permanent or temporary physical, cognitive and emotional disabilities. The ultimate goal is to enhance and renew each participant's quality of life through ongoing participation in therapeutic activities.



Swimming for Beginners

(Open to all beneficiaries)

Monday 1300 - 1400

This is a 60-minute swimming session aimed to give beginners a good foundation for swimming. Patient-to-Instructor ratio is low. Instructor will work with participants on developing a better feel for the water, improving their water safety awareness, and learning different strokes. This class meets at the NMCSD, MWR pool located at Bldg. 12.

Program Managers, Betty Michalewicz or Fred Tackett (619) 532-7727

Swim Practice

(Open to all beneficiaries)

Monday 1330 - 1430 & Wednesday 1200 - 1300
Tuesday, Thursday & Friday 0600 - 0700

Here is your opportunity to learn or refine your swimming skills & stroke technique, increase cardiovascular capacity and overall well-being. This class meets at the NMCSD, MWR pool located at Bldg. 12 and is offered five days a week.

Program Managers, Betty Michalewicz or Fred Tackett (619) 532-7727

NMCSD HEALTH & WELLNESS DEPARTMENT

Wounded, Ill and Injured (WII) Wellness

YOGA

(Open to WII only)

The 60 or 90 minute Yoga classes will help to decrease stress and achieve mental clarity, while stretching and strengthening joints and muscles. Yoga has been found to assist members in acquiring a better focus and improved health.

Tuesday 1200 - 1300 (Class held in Bldg 3 C-5 Department)

Thursday 1330 - 1600 (Class held in Bldg 26, Health & Wellness)
With regular practice, yoga can help you decrease stress and achieve mental clarity, while stretching and strengthening your joints and muscles.

Program Manager, Betty Michalewicz, Exercise Physiologist (619) 532-7727

YOGA AT THE BEACH

Thursday 0700 - 0900 **Del Mar Beach**

HEALTHY COOKING

(Open to WII only)

Come join us for a "hands-on" cooking class. You will learn how to prepare a healthy meal using a variety of recipes that are easy and inexpensive to prepare. Best of all, you get to eat what you cook at the end of the class. ***For more information (619) 532-6846/7764***

Tuesday 1500 - 1630 **NMCSD, Bldg 26, 1st floor**
October 7, 14, 21, 28
November 4, 18
December 2, 9, 16

Initial assessment and medical clearance is required to participate in some programs. For more information or to register for listed programs, contact the Health & Wellness Department at (619) 532-7764

NAVAL BRANCH HEALTH CLINIC CHULA VISTA

644 Naples St., Chula Vista, CA 91911

(Open to all beneficiaries)

DIABETES SELF MANAGEMENT TRAINING (DSMT)

(For course description, please see page 6)

Wednesday 1200 - 1500
October 8
November 12
December 10

DIABETES MEAL PLANNING

The right food choices are the cornerstone to controlling your blood glucose levels. This 2 hour class will explain the role of carbohydrate in blood sugar control, how to "carb count", a heart healthy diet, and how to handle special situations that may change your blood sugar control.

Wednesday 1200 - 1400
October 15
November 19
December 17

HEALTHIER LIVING

This 7-week workshop is designed to teach patients to manage pain, stress, fatigue and frustration associated with chronic conditions.

Thursday 0900 - 1130
October 16, 23, 30
November 6, 13, 20
December TBD

To register, or for more information call (619) 744-5393

MANAGING HOLIDAY STRESS

Thursday 0900 – 1030 **December 11**

HEALTHY HOLIDAY EATING

Thursday 0900 – 1030 **December 18**

NAVAL BRANCH HEALTH CLINIC
NB CORONADO

Bldg 601, McCain Blvd., San Diego, CA 92135-7046

(Open to all beneficiaries)

HEALTHY EATING GROUP

A motivational group that covers healthier eating and encourages small achievable changes.

Tuesday 1400 – 1500

PHYSICAL ACTIVITY MOTIVATION GROUP

This diverse group discusses different types of physical activity, exercise and movement, and motivates members to accomplish fitness.

Thursday 1400 – 1500

To register, or for more information call (619) 545-0400

NMCSD HEALTH & WELLNESS DEPARTMENT

Wounded, Ill and Injured (WII) Wellness

TAI CHI

(Open to all beneficiaries)

Monday 0830 - 0915 (Class held in Bldg 12)

The Tai Chi class is a 45-minute session which guides the patient through the gentle flowing movements of Tai Chi. The instructor provides explanations and demonstrations to underlying Tai Chi techniques, body mechanics at work, and information regarding body alignment, joints and muscle relaxation.

Program Managers, Betty Michalewicz or Fred Tackett (619) 532-7727

SPIN CLINIC

(Open to all beneficiaries)

Wednesday 1100 - 1200 (Class held in Bldg 12)

Develop speed, endurance and strength during this 50-minute ride. Feel free to bring your own bike, hand cycle, or use one of the spin bikes provided.

Program Managers, Chris Chandler or Scott Sutton, (619) 532-5792

NMCSD HEALTH & WELLNESS DEPARTMENT

Wounded, Ill and Injured (WII) Wellness

CREATIVE EXPRESSIONS PROGRAM

Creative Expressions Therapy (CET) sessions provide the patient with many opportunities for treatment. The patient is able to explore multiple modes of personal expression through music, writing, and dance. Through these various modalities, the patient is able to: Learn about creating new coping mechanisms, build new personal skillsets, better understand the specific ways in which trauma affects them and how to reduce those effects, learn new and improved communication skills, increase social awareness and support, learn physical and emotional grounding techniques to aid in traumatic reoccurring experiences, process specific issues with peers, and create new healthy outlets for the expression and transformation of feelings such as frustration, anger, depression, and anxiety. Creative Expression Therapies are offered in both group and individual formats.

CET programs are run by contracted professionals as well as Health & Wellness staff.

Program Manager, Joyce DiCicco, (619) 532-6528

NAVAL BRANCH HEALTH CLINIC MCAS MIRAMAR

MCAS Miramar, Bldg 2496 Bauer Road, San Diego, CA 92145

(Open to all beneficiaries)

DIABETES SELF MANAGEMENT TRAINING (DSMT)

(For course description, please see page 6)

Wednesday 0800 - 1100

October 15 November 19 December 17

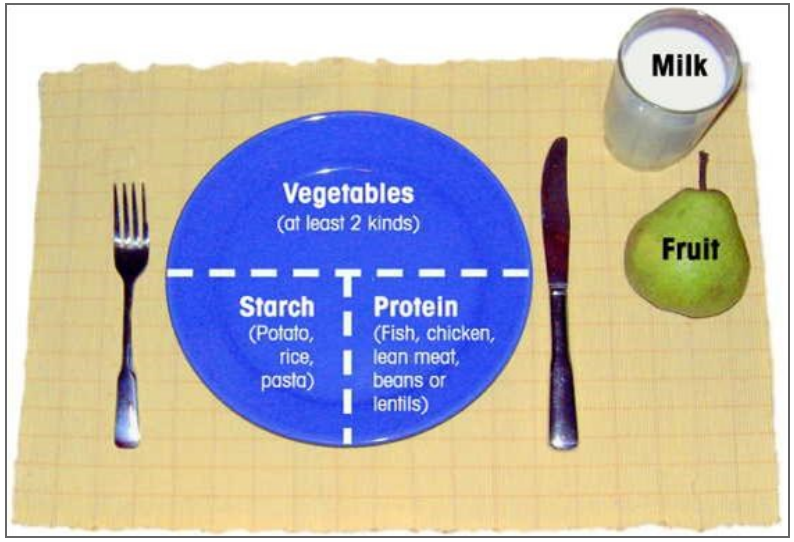
DIABETES MEAL PLANNING

The right food choices are the cornerstone to controlling your blood glucose levels. This 2-hour class will explain the role of carbohydrate in blood sugar control, how to "carb count", a heart healthy diet, and how to handle special situations that may change your blood sugar control.

Wednesday 1300 - 1500

October 8 November 12 December 3

To register, or for more information call (858) 577-6252



NAVAL BRANCH HEALTH CLINIC
NTC

2051 Cushing Road, San Diego, CA 92106

(Open to all beneficiaries)

DIABETES SELF MANAGEMENT TRAINING (DSMT)

(For course description, please see page 6)

Wednesday 0800 - 1100
October 22 November "No Class" December "No Class"

DIABETES MEAL PLANNING

(For course description, please see page 21)

3rd Thursday 1030 - 1230
October 16 November 20 December 18

To register, or for more information call (619) 524-5206

NMCSD HEALTH & WELLNESS DEPARTMENT

Wounded, Ill and Injured (WII) Wellness

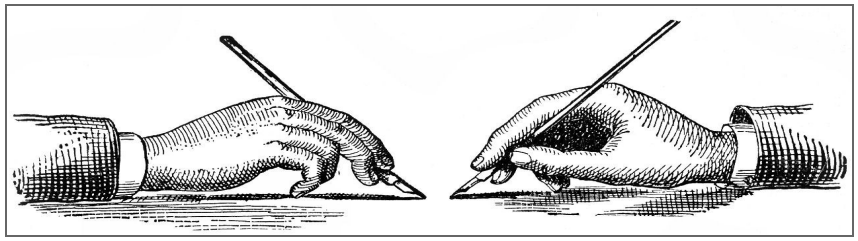
Thursday 1400 - 1530 NMCSD, Bldg 12, 2nd floor

Music Therapy – Music therapists are contracted through a non-profit music therapy organization (Resounding Joy) to bring structured and accredited music therapy services to our wounded, ill, and injured military service members each Thursday and funded through Injured-Marine-Semper-Fi-Fund. *(These sessions are only on Thursdays. Individual appointments scheduled ahead of time. Group is every Thursday at 1400 - 1530 in Bldg 12, 2nd floor. Facilitated by Hannah Bronson, Music Therapist.)*

Music Expressions – This program initiates many patients into the Creative Expressions Program through the use of introductory skillset lessons, most commonly through the use of guitar. Peer-mentoring is encouraged and instruments are signed out from the NMCSD instrument stock for patients to practice with. Patients are assessed through this program first, and then often transferred to Music Therapy for further treatment. *(Individual 45-minute therapy sessions throughout Monday to Friday based on patient's schedule.)*

NMCSD HEALTH & WELLNESS DEPARTMENT

Wounded, Ill and Injured (WII) Wellness



Tuesday 1000 - 1130 **NMCSD, Bldg 26, 1st floor**

Creative Writing Group – This 90-minute group session, set as 45 minutes of writing time and 45 minutes of group processing and discussion time. Patients develop writing topics as a group or use pre-written exercises designed by the therapist to help facilitate good group discussion. This group allows patients to process therapeutic material in the safe container of a quiet group space through creative writing. *(Group limit is 8 patients. New groups can be opened based on patient demand.)*

Wednesday 1215 - 1315 **NMCSD, Bldg 12, 2nd floor**

Salsa Dance Class – This class has been on-going at NMCSD for the past 3 years. A dance instructor is contracted to teach the group class once a week with the help of volunteer staff, and includes external events to dance clubs and performances. This group focuses on socialization skills, gentle physical contact, body awareness, coordination, and progressive memory skills — all of which are crucial to the recovery and healing work of PTSD and TBI injuries. *(Group meets every Wednesday at 1215-1315 in Bldg 12, 2nd floor. Facilitated by Jennifer Ables, Dance Instructor.)*

NMCSD HEALTH & WELLNESS DEPARTMENT

Healthy Fitness Challenge

More than 81 percent of American businesses with at least 50 employees engage in some type of health promotion program, according to the Wellness Councils of America. One component of these programs is employee fitness challenges, which are contests between employees — either individually or as part of a team — to increase their physical activity and manage their weight in a fun way.

The NMCSD&NBSD has come together in a collaborative effort to launch a Healthy Fitness Challenge.

This challenge was implemented to assist participants in developing healthier eating and exercise habits, manage stress, and improve their overall health.

Physical activity and healthy eating have been proven to boost energy levels throughout the day and increase the release of endorphins which improves moods and controls mood swings.

The fitness challenge is held quarterly and open to active duty, TRICARE beneficiaries, GS Employees, Contractors. Information and measurements are completed before or after normal working hours. (The Fitness Challenge is to not interfere with normal working hours.)

For more information on how to join in the NMCSD&NBSD Healthy Fitness Challenge, please contact (619) 532-7786.