

HEALTHY COOKING CLASSES

If you are looking for quick, nutritious and healthy meals, then try our “hands-on” cooking class. This class demonstrates how to make delicious, low-fat and low-calorie meals. You will enjoy three tasty meals for a \$15 fee. This fee is payable on the first night of class.

Upcoming class dates, Tuesdays:

- Jan 5, 12, 19
- Feb 2, 9, 16
- March 2, 9, 16
- April 6, 13, 20
- May 4, 11, 18
- June 1, 8, 15
- July 6, 13, 20
- Aug 3, 10, 17
- Sep 7, 14, 21

(Please note that the dates may change due to a holiday.)

Class time is 5:30 to 7:30 pm, the first three Tuesdays of the month. Please call the Health and Wellness Department at (619) 532-6846 to register for one of the above dates.

BWAP (Balboa Warrior Athlete Program) HEALTHY COOKING CLASSES

This “hands-on” (no fee) cooking class is geared for our Active Duty Wounded Warriors and other military personnel who are receiving medical treatment at NMCS. This class incorporates a “hands-on” approach to meal planning and preparation, and recipe modification which includes microwave cooking. Kitchen is wheelchair accessible.

Upcoming class dates, Tuesdays:

- Jan 5, 12, 19, 26
- Feb 2, 9, 16, 23
- March 2, 9, 16, 23, 30
- April 6, 13, 20, 27
- May 4, 11, 18, 25
- June 1, 8, 15, 22, 29
- July 6, 13, 20, 27
- Aug 3, 10, 17, 24, 31
- Sep 7, 14, 21, 28

(Please note that the dates may change due to a holiday.)

Class time is 3 to 5 pm. Please call the Health and Wellness Department at (619) 532- 6846 to register for one of the above dates.

SENIOR WELLNESS PROGRAM

The Senior Wellness Program is a 13-week program incorporating exercise and informational health lectures. A comprehensive Senior Fitness Assessment is administered pre and post program. Senior Wellness meets Wednesday mornings.

For class schedule or for more information call (619) 532-6528.

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. Anyone, any age, condition, or profession can reap the many rewards of this ancient system of well-being.

For class schedule or for more information call (619) 532-6528.

MEDITATION FOR STRESS REDUCTION

This is a perfect class for those who are curious about meditation but never seem to find the time, as well as those who have experience with meditation and want to develop a daily practice. Learn about the common misunderstandings of meditation in addition to techniques, postures and expectations in developing a daily meditation practice. Benefits of meditation include preventing stress and anxiety, improving focus and attention, improving memory and increasing patience, assisting with letting go of resentment and negative emotions and fostering a general sense of well-being. This class will provide you with a realistic plan to make meditation a daily part of your life, so you can experience the benefits of peace and relaxation every day.

Class is offered every Tuesday, from 1:30 to 2:15 pm. For class schedule or for more information call (619) 532-6528.

MEMORY WORKOUT

A fun and interesting seminar to help build memory skills discover your memory strengths and weaknesses learn new skills to compensate for memory lapses, and protect your memory from aging.

Class is offered every Thursday from 2 to 3 pm, Internal Medicine Department, Bldg. 3, 3rd Floor, NMCSO. To register, or for more information call (619) 532-6528.

CHOLESTEROL

This class is designed to help you understand how better food choices can decrease your risk for heart disease. You will learn the difference between “good” and “bad” cholesterol, to identify foods that are lower in fat and cholesterol, and to identify lifestyle changes that can improve your cholesterol profile. Tips will be given for choosing foods that will give a boost to your health whether you dine in the galley, in restaurants, or cook at home.

Upcoming class dates, Mondays:

- Jan 11
- Feb 8
- March 8
- April 12
- May 10
- June 14

Class time is 1 to 3 pm. Please call the Health and Wellness Department at (619) 532-6846 to register for one of the above dates.

HEALTHY WEIGH

If you want to learn how to lose weight safely and effectively, then this may be the class for you. Working with a Registered Dietitian, you will learn to choose a healthy diet, reduce your intake of extra calories from fat and sugars, read food labels, overcome exercise hurdles, and make lifestyle changes. Specific food behavior modification techniques will be discussed to assist you with weight loss.

Upcoming class dates, Wednesdays or Thursdays:

- Jan 6, 13, 20, 27 or 7, 14, 21, 28
- Feb 3, 10, 17, or 4, 11, 18
- March 3, 10, 17, 24 or 4, 11, 18, 25
- April 7, 14, 21, 28 or 1, 8, 15, 22
- May 5, 12, 19, 26 or 6, 13, 20, 27
- June 2, 9, 16, 23 or 3, 10, 17, 24

This 4-Week Class is held on Wednesdays from 5 to 6:30 pm, or Thursdays from 8 to 9:30 am. Please call the Health and Wellness Department at (619) 532-6846 to register for one of the above dates.

HEALTHY SHOPPING TOUR

A visit to the local commissary can be confusing. What do the terms 97% fat-free, lean, lite, and low in fat mean? The Healthy Shopping Tour will explain these terms, ease your frustration and teach you about healthy food choices. A dietitian will lead you through the commissary maze and help you select foods that are nutritious and economical, and will help you achieve your nutrition goals.

Upcoming class dates, Wednesdays:

- Jan 20
- Feb 17
- March 17
- April 14
- May 19
- June 16

Class is held one Wednesday per month at 32nd Street Naval Base San Diego Commissary. Please call the Health and Wellness Department at (619) 532-6846 to register for one of the above dates.

Tobacco Cessation

Quitting the tobacco habit can be one of the most difficult lifestyle changes you will ever make. This tobacco cessation class teaches you to cope with the urges to smoke, chew or dip and help you over this stressful period of nicotine cravings and withdrawal. The behavior modification techniques, along with group participation and nicotine replacement therapy are designed to ease you into being a non-smoker and be free of the tobacco habit forever.

Upcoming class dates, Thursdays:

- Jan 7, 14, 21
- Feb 4, 11, 18
- March 4, 11, 18
- April 1, 8, 15
- May 6, 13, 20
- June 3, 10, 17
- July 1, 8, 15
- Aug 5, 12, 19
- Sep 2, 9, 16

Class time is 11 am to 12:30 pm. Please call the Health and Wellness Department at (619) 532-6846 to register for one of the above dates.

Tobacco Cessation Support Group

This informal support group provides participants opportunities to share their frustrations, hopes, empathy, and challenges to being a non-tobacco user. A support system outside of family, friends and peers can often provide understanding and cohesiveness in making this difficult lifestyle change. You will learn new ways to cope with change, and get support in this experience.

Every Tuesday and Friday, class time is 11 am to 12 pm. Please call the Health and Wellness Department at (619) 532-6846 to register.

Healthy Heart Class

A one-day class presented by a team of healthcare professionals dedicated to educating you about heart disease. Topics include disease management, medication, exercise, stress management, diet and nutrition. Come learn how simple lifestyle changes can help prevent heart attacks and manage heart disease. Family members are welcome.

Upcoming class dates, Tuesdays:

- Jan 26
- Feb 23
- March 23
- April 27
- May 25
- June 22
- July 27
- Aug 24
- Sep 28
- Oct 26
- Nov 23
- No class in Dec

Class time is 8 am to 2 pm. Please call the Health and Wellness Department at (619) 532-6846 to register for one of the above dates.

ShipShape

ShipShape is a BUMED-approved 8-week educational/support group that meets once a week for physical training, nutrition education, behavioral modification, and emotional support. 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. Some ShipShape classes take place at 32nd Street, Naval Base San Diego. A signed letter of approval from the CO or DH and a brief phone assessment is required prior to the class.

Upcoming class dates, Thursdays:

- Jan 21 – March 11

- April 1 – May 20
- June 10 – July 29

Class time is from 8 to 10 am for classroom instruction and 10 to 11 am for physical training. Please call the ShipShape Program Manager at (619) 532-5366 to get more information and to register for one of the above dates.

Chronic Weight Management Clinic

Chronic Weight Management Clinic is a unique and comprehensive monthly 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 diet to accommodate a healthier life. Weight and waist circumference measurements are taken monthly. Participants need to take the “Healthy Weigh” or “ShipShape” class before enrolling.

Upcoming class dates, Tuesdays:

- Jan 5, 12
- Feb 2, 9
- March 2, 9
- April 6, 13
- May 4, 11
- June 1, 8
- July 5, 13
- Aug 3, 10
- Sep 7, 14

Class time is 8 to 9:30 am, on the first Tuesdays of the month for Active Duty members and 8 am to 9:30am on the second Tuesdays of the month for family members and all beneficiaries. Please call the Medical Division Petty Officer to get more information and to register for the class, (619) 532-7764.

Healthy Life Support Group

Come and get support for ongoing health issues or everyday trial and tribulations. If you have attended a Health and Wellness Department class or just want to have some contact and support from others who are dealing with life’s stressors, weight loss, & giving up unhealthy lifestyle behaviors come to this support group; let’s talk about “What’s eating YOU?”

Upcoming class dates, Mondays:

- Jan 4, 11, 25
- Feb 1, 8, 22

- March 1, 8, 15, 22, 29
- April 5, 12, 19, 26
- May 3, 10, 17, 24
- June 7, 14, 21, 28
- July 12, 19, 26
- Aug 2, 9, 16, 23, 30
- Sep 13, 20, 27

Class time is 3 to 4:15 pm, Mondays. Please call (619) 532-5366 for more information.

DIABETES SELF-MANAGEMENT TRAINING

This program provides information about understanding and managing diabetes. Diabetes topics include treatment, exercise, medications, diet, disease complications and guidance for self-management. This program is recognized by the American Diabetes Association.

Upcoming class dates, Tuesdays or Saturdays:

- Jan 06 (Wednesday), 12
- Feb 2, 9
- Feb 27 (Saturday, 09-1330)
- March 6 (Saturday, 0900-1330)
- March 16
- April 6, 20
- May 4, 18
- June 8, 15
- July 13, 20
- Aug 10, 17
- Sep 14, 21
- Oct 5
- Oct 16, 23 (Saturday, 09-1330)
- Nov 2, 9
- Dec 7

Class time is 7:15 am to 4:45 pm (unless otherwise indicated). Please call the Health and Wellness Department at (619) 532-6846 to register for one of the above dates. Registration required.

PRE-DIABETES CLASS

This class is a multi-disciplinary approach to help reverse the Pre-Diabetes process.

Upcoming class dates, Thursdays:

- Jan 21
- Feb 18
- March 18
- April 15
- May 20

- June 17
- July 15
- Aug 19
- Sep 16
- Oct 21
- Nov 18
- Dec 02

Class time is 1:15 to 4 pm (unless otherwise indicated). Please call the Health and Wellness Department at (619) 532-6846 to register for one of the above dates.

DIABETES SUPPORT GROUP

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. The group meets the 4th Tuesdays of each month and 4th Thursdays of each month. “*” indicates the 4th Thursday precedes the 4th Tuesdays that month.

Upcoming class dates, Tuesdays or Thursdays:

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| • Tuesdays, Jan 26 | • *Thursdays, July 22 |
| • Thursdays, Jan 28 | • Tuesdays, July 27 |
| • Tuesdays, Feb 23 | • Tuesdays, Aug 24 |
| • Thursdays, Feb 25 | • Thursdays, Aug 26 |
| • Tuesdays, March 23 | • *Thursdays, Sep 23 |
| • Thursdays, March 25 | • Tuesdays Sep 28 |
| • *Thursdays, April 22 | • Tuesdays, Oct 26 |
| • Tuesdays, April 27 | • Thursdays, Oct 28 |
| • Tuesdays, May 25 | • Tuesdays, Nov 23 |
| • Thursdays, May 27 | • Thursdays, Holiday, no class |
| • Tuesdays, June 22 | • *Thursdays Dec 23 |
| • Thursdays, June 24 | • Tuesdays, Dec 28 |

Class times are the 4th Tuesdays, 6 to 8:15 pm, and the 4th Thursdays, 11 am to 1:30 pm (unless otherwise indicated). No registration needed. Please call the Health and Wellness Department at (619) 532-6846 for more information.