

Deployment Health and Wellness Center Events Calendar (Summer 2011)



Tobacco Cessation Family Practice Classroom (1300-1400):

Course Start Dates:

06 Jul 11

10 Aug 11

07 Sep 11

- Four-week course for all staff, AD, retiree and family members
- Held in the Family Medicine Classroom
- Behavior modification, pharmacological intervention, physician taught
- Certified facilitators with one-on-one and group interaction
- Virtual coaching; 12-months follow-up provided
- Group or individual appointments available
- **Registration through Family Medicine Clinic at (850) 505-6411**
- **Information: Deployment Health and Wellness Center (850) 452-6326; x4100**

ShipShape Weight Management Workshop:

Course Date:

12-13 Jul 11 (Room 1050; 0600-0900))

- Application style course
- Behavior modification, nutrition and fitness emphasis
- BUMED approved weight management program for active duty personnel
- Skills reshaping curriculum
- Scheduled follow-up provided
- **Registration through Central Appointments (505-7171)**

Periodic Health Assessment for Individual Medical Readiness (PHA-IMR):

Active Duty Personnel Only - Ongoing Appointments Available

- Easy access
- One-on-one provider encounter
- Annual requirement per SECNAVINST 6120.3
- Birth-month specific
- Individual Medical Readiness accountability
- Command compliance monitored and reported
- Appointments through Central Appointments **(505-7171)**

Pre-Deployment, Post Deployment and Post Deployment Reassessment:

Active Duty Personnel Only - Ongoing Appointments Available

- Multi-functional approach
- PHA-IMR foundational
- Individual Medical Readiness accountability
- Command compliance monitored and reported
- Appointed through Deployment Health and Wellness Center **(452-6326; x4113/4105)**

Health Promotion at the Deckplate II AVT Student Requirement

08 Sep 11; 0800-1700 (NOMI)

- Partnership with Navy Operational Medicine Institute
- Prerequisites must be fulfilled in order to certify for HP Basics II

Deployment Health & Wellness Center Update Training

20-21 July 11; NAS Conference Center; 0800-1600

- Comprehensive update training for those assigned to manage Health Promotion or Deployment Health programming in their clinic or designated area of operations
- Mission and Vision based with programming specific training
- Required training for newly assigned clinic HP/DHWC Coordinators
- 2-track program (HP 0800-1200 (20 Jul 11) with DHWC Update 1300-1600 (20 Jul 11) and 0800-1600 (21 Jul 11)
- Registration required through DHWC (452-6326; x4100)

Deployment Mental Health Workshop

19 Oct 11; University of West Florida; Center for Fine and Performing Arts

- 4 hour workshop on the aging veteran
- CEU/CME applied
- Follows a 1 day course on Healthy Aging presented by Center for Aging at UWF
- Website registration coming!
- Collaborative partnership between the University of West Florida and Naval Hospital Pensacola, Deployment Health and Wellness Center
- **Registration online to begin in August 2011**

Walk it Out Walking Club

Ongoing – Contact NHP Walking Captain: Ms. Vonselle Thomas at 850-505-6155

- Corporate Walking Club
- Duration/Frequency/Time TBD by Club Leader
- Educational, Motivational, Inexpensive, Exhilarating

Banner Health

Coming to NHP

- Mission and Vision oriented banner expressions
- Compound-wide
- Be on the lookout for this exciting addition to our NHP campus
- Highlighting: Medical Home Port, Health and Wellness Promotion, Disease Prevention, Safety and Customer Satisfaction
- Will compliment “Banner Row” to immediate right of Security Gate aboard NHP

NOTE: Registration for most Deployment Health & Wellness educational courses and PHA's is made via Central Appointments. Courses are available to all active duty, retirees and their beneficiaries. PDHA/PDHRA appointments are made by calling Deployment Health directly at 452-6326; Ext 4113/4105.