

# Deployment Health and Wellness Center Events Calendar (Spring 2011)



## Beat the Pack...Tobacco Cessation Courses: Family Practice Classroom (1300-1400)

### Course Start Dates:

09 Mar 2011

06 Apr 2011

04 May 2011

- 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
- **Registration through Family Medicine Clinic at (850)505-6411**
- **Information: Deployment Health and Wellness Center (850) 452-6326; x4100**

## ShipShape Weight Management:

### Course Start Dates:

15 Mar 2011 (Corry Family Fitness & Wellness Center; 1100-1200)

12 Apr 2011 (NATTC School House; 1100-1200)

- Seven-week in class skills 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

- Multiple day, clinic hours available
- 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)

## Health Promotion at the Deckplate II AVT Student Requirement (NOMI)

19 May 2011; 0800-1700

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

## **Lunch & Learn CME/CEU Wellness Series (Coming this spring)**

- Resident experts sharing ideas and education on improving fitness, managing high blood pressure, maintaining a healthy heart, improving emotional stress, and more!
- CME/CEU will be applied for via BUMED
- Collaborative educational event with Command Education, Departments of Nursing and Medical Services

## **National Nurse's Celebration Chair Massage Appreciation**

***06 May 2011; 0900-1200; Place TBA***

- Deployment Health sponsored chair massage in appreciation of our awesome nursing staff and volunteers
- 3 chairs offered with first come first serve and sign up available
- More on location of service to come

## **Deployment Mental Health Workshop**

***06 May 2011; 0800-1200; University of West Florida; Center for Fine and Performing Arts***

- Cutting-edge topics applicable to current practice
- 1/2-day workshop to be offered in both the spring and fall
- Collaborative partnership between the University of West Florida and Naval Hospital Pensacola, Deployment Health and Wellness Center
- CME/CEU's provided
- Registration will be on-line and activated soon

## **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

**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.