



Health Promotion Wellness Programs

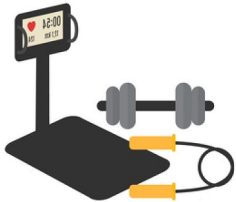
“Leading You to Better Health”

NHCL Health Promotion and Wellness Bldg 4 (across the street from the Camp Lejeune Base Theater). To register for a class or make an appointment please call 910.451.3712



Quit Tobacco Workshop (QTW)

Nicotine addiction is a tough habit to break. Tobacco products kill approximately 480,000 people each year. The Naval Hospital Health Promotion and Wellness Department offers a QTW for smokers, e-cigs and smokeless tobacco users.



Simply Fit

To learn more about what you could do to get off the diet rollercoaster. This inter-active weight management program designed to teach participants good eating and exercise habits, change eating behaviors, and long-term weight management success.



Pregnancy Exercise Program (PEP)

This pre/post-natal exercise class provides women a simple and convenient opportunity to participate in a group fitness atmosphere with other women in similar stages of pregnancy.

Nutrition & Exercise During Pregnancy

This class is designed for pregnant women who may be gaining weight too fast, not gaining enough weight during pregnancy, or are interested in eating healthy and exercising during pregnancy.



Heart Strong

Two weekly sessions offered monthly for active duty, retirees and their family members, and DoD civilian employees. A NHCL staff cardiologist, pharmacist, registered dietician and fitness expert will discuss topics to include cardiac mechanics, heart disease, risk factors, diet and exercise, stress management, and cardiac medications.



Pregnancy / Maternal / Child Programs

Approach labor and birth with confidence and knowledge, knowing that your body knows just what to do. You will learn comfort measures, breathing, relaxation, coping mechanisms, and the benefits and risks of medical interventions. Classes currently offered are: Lamaze, Early Pregnancy, Infant Care, Sibling, and Gestational Diabetes.