

OPEN TO ALL!

Active Duty, Retirees, Their Family Members, & DOD Employees

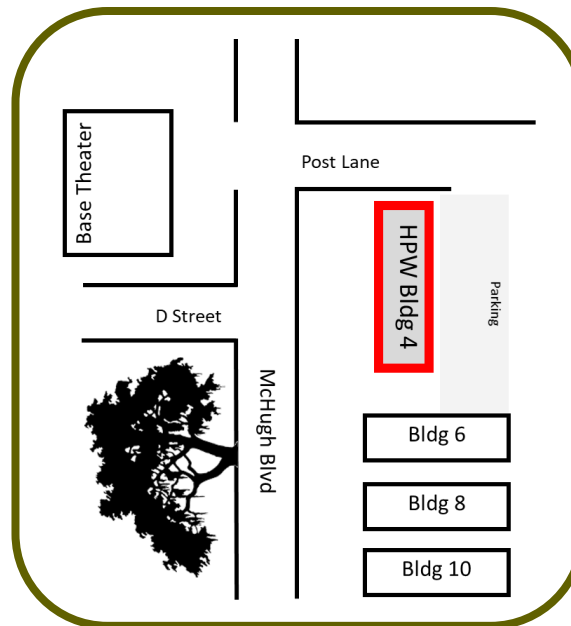
Health promotion classes grounded in scientific evidence of what really works to improve your health!

Classes Provided by Professional Staff

- Registered Nurses
- Certified Tobacco Treatment Specialists
- Certified Trainers
- Health Educators

Interested in taking one of our classes?

For more info or to schedule a class
Call (910) 451-3712



Directly across from base theater

**Health Promotion & Wellness Clinic
Building #4 Post Lane
Camp Lejeune, NC 28547**

HEALTHY LEJEUNE!



Kick start your health by taking one of these FREE classes!



Health Promotion & Wellness Clinic

Naval Medical Center

Camp Lejeune

(910) 451-3712

Heart Health & Hypertension Classes

Heart disease is the #1 killer of both men and women in the US.

High blood pressure, high cholesterol, smoking, and being overweight are key risk factors for heart disease.



Learn how to prevent heart attacks & strokes by attending Heart Health class or control your BP Hypertension class.

Two hour class is co-taught by a Registered Nurse & Dietitian.

Tobacco Free Living

Get the help you need to Live Tobacco Free!

Our Certified Tobacco Treatment Specialist gives you the help and support you need to quit tobacco through group or 1:1 counseling.

Nicotine replacement therapy (gum, patches) and prescription medications (Chantix, Zyban) are available.



ShipShape

Weight Management Classes!

Get Ready, Get Fit, Get Healthy!

8 session class meets you where you are and supports you in reaching your weight loss goals.

Classes provide education on healthy eating, stress management, physical activity, and behavior modification.

Separate classes are held for active duty and civilians. ShipShape *Plus* for civilians includes a group exercise component.



Prediabetes 101

One in 3 adults have prediabetes. But



Most people with prediabetes develop Type 2 Diabetes within 10 years.

But making small changes to your diet & activity can cut your risk of diabetes in half!

Learn how to prevent diabetes in this 2 hour class taught by a Nurse & Dietitian.

Be Your Healthiest YOU!