

# HEALTH PROMOTIONS SEWELLS POINT

UPDATED 9-20-12

CLASSES ARE HELD AT THE MCCORMICK GYM, CEP-58, LOCATED INSIDE GATE 5 OFF OF HAMPTON BLVD, 2<sup>ND</sup> DECK CLASSROOM

[BMHCSewells-HealthProClasses@med.navy.mil](mailto:BMHCSewells-HealthProClasses@med.navy.mil)

POC: Peg Smith 953-8813

## TOBACCO CESSATION WORKSHOP

**\*\*\*Thursday 0800-1200\*\*\***

**4 – HOUR CLASS.** Class provides all the tools necessary to successfully become tobacco free. This is a one class program. Medications are available through the Tobacco Cessation Medication Clinic which is held on Thursday afternoons from 1300-1500 or Friday mornings from 0700-090 at the Branch Health Clinic Sewells Point, Bldg CD-2. Class contents: Understanding addiction, How to quit, avoiding relapse, stress management, nutrition, oral hygiene and medications available to help you quit. ***(Pre-registration required)***

JAN 19, 26	FEB 2, 9, 16, 23	MAR 7, 21 **	APR 5, 12, 19, 26
MAY 3, 10, 17, 24	JUN 7, 14, 21, 28	JUL 12, 19, 26	AUG 2, 9, 16 30
SEP 5, 19***	OCT 4, 11, 18, 25	NOV 1, 8, 15 29	DEC 6, 13

\*\* Wed Class due to advancement exam

## HEALTHY HEART and BASIC NUTRITION

**\*\*\* Monday 0900-1030 \*\*\***

Combined nutrition and healthy heart class designed to present a basic understanding of nutrition, blood pressure and cholesterol. It is broken into two components (1) the importance of healthy food choices, reading food labels, and lifestyle changes in relation to good health and (2) a clear understanding of elevated blood pressure / cholesterol and how these chronic diseases affect the heart and blood vessels.

JAN 23	FEB 13	MAR 19	APR 23	MAY 21	JUN 18
JUL 23	AUG 20	SEP 17	OCT 22	NOV 19	

## SHIP SHAPE

**\*\*\*Tuesday 1100-1330\*\*\***

**8 – WEEK CLASS PROGRAM.** This eight week weight management class teaches fitness, fun and lifestyle changes. Topics include: Nutrition, Fitness, Stress Management, and Long Term Success! ***(Pre-registration required)***

Class Dates 1-10 / 2-28 3-13 /5-1 5-22 /7-10 7-31 / 9-18 10-9 /11-27

## PRENATAL NUTRITION

**\*\*\*Wednesday 0900-1030\*\*\***

**Class is held in the Sewells Point Education and Training Classroom\*\***

JAN 18	FEB 8, 22	MAR 8*, 22*	APR 11, 25	MAY 9, 23	JUN 6*, 20
JUL 11, 25	AUG 8, 22	SEP 6*, 20*	OCT 10, 24	NOV 14	DEC 5*

This class covers healthy food choices during pregnancy, appropriate weight gain, importance of daily activity, and quality eating for mom and baby!

\*\*THURS class due to advancement exam... Class held in the Industrial Hygiene Classroom at Branch Medical Clinic Sewells Point, check in with the OB desk, we will escort you to the classroom.

## PRENATAL FITNESS CLASS

**\*\*\*Tues/Thurs 1215-1300\*\*\***

**Class is held in the N24 gym, group exercise classroom\*\***

This fitness class is SPECIFICALLY designed for the Mom-to-Be! This class is only open to those women who are currently pregnant! Class is taught by MWR fitness expert at N24 gym (near the galley and parade field) in the second floor group exercise classroom. Registration is NOT required.