

# 2015 HEALTH PROMOTIONS BRANCH HEALTH CLINIC NORFOLK

UPDATED 12/8/14

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 & Friday mornings from 0700-090 at the Branch Health Clinic Norfolk, 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 15, 22	FEB 5,12,19 26	MAR 11**26	APR 2,9,16,23,30
MAY 7,14,21,28	JUN 4,11,18,25	JUL 2, 9, 16, 23	AUG 6,13,20,27
SEPT 9** 24	OCT 1,8,15,22,29	NOV 5,12,19	DEC 3,10

\*\* Wed Class due to advancement exam

## BASIC NUTRITION

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

Designed to provide a basic understanding of nutrition and includes the importance of healthy food choices, reading food labels, and lifestyle changes in relation to good health. i

JAN 26	FEB 9, 23	MAR 9, 23	APR 6, 20	MAY 11, 18	JUN 8, 22
JUL 13, 27	AUG 10, 24	SEP 14, 21	OCT 5, 19	NOV 9, 23	DEC 7

## SHIP SHAPE

**\*\*\*Tuesday 0800-1000\*\*\***

**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	1-27 / 3-17	4-7 / 5-26	8-4 / 9-22	10-6 / 11-24
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## PRENATAL NUTRITION

**\*\*\*Wednesday 1400-1500\*\*\***

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

JAN 14, 28	FEB 11, 25	MAR 11**, 25	APR 8, 22	MAY 13, 27	JUN 10, 24
JUL 15, 29	AUG 12, 26	SEP 9, 23	OCT 14, 28	NOV 4, 18	DEC 9

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