

SEPTEMBER 2012



SUN	MON	TUE	WED	THU	FRI	SAT
	<div style="border: 1px solid black; padding: 10px;"> Fruits and Veggies Month Cholesterol Education Month </div>					1
2	3	4	5	6 Sensible Weight through Fitness and Nutrition 1000 - 1100	7	8
9	10 Tobacco Cessation Class-1 1000-1130	11	12	13	14	15
16	17 Tobacco Cessation Class-2 1000-1130	18	19	20	21	22
23/30	24 Tobacco Cessation Class-3 1000-1130	25	26	27 Stress Management 1000-1100	28	29

Pre-registration is required for all classes so that we may be adequately prepared for you. Please call the Work-Life office to enroll in a class at (510) 437-5924 or 5746.

All classes are held at the Work-Life Classroom, unless otherwise noted.

Information for each class is located in the back of this event calendar.

All classes are taught or coordinated by the Health Promotion Manager. Please direct any concerns to him at (510) 437-3186 or at email: alexander.d.eclar@uscg.mil.

Health and Wellness Classes Descriptions:

Please be sure to pre-register for classes by calling Work-Life at (510) 437-5924/5746

Sensible weight through Fitness and Nutrition – This class teaches you the fundamentals of weight loss, which involves proper meal management and regular exercise.

Performance Nutrition – Learn how to fuel your body to improve performance, both physical, and mental, through good nutrition.

Hypertension Class – This class will help you learn how to keep your blood pressure under control through diet, exercise, and medication options.

Tobacco Cessation Classes – A 3-week program tailored after the American Cancer Society's Freshstart tobacco cessation program. It features group discussion and occasional guest speakers. The focus is on the combination of behavioral and pharmacological interventions.

Stress Management – Learn how to recognize and defend yourself against stressors.

Fitness Improvement Overview – Learn the principles of proper exercise, nutrition, and behavior modification

All classes are open to all military ID card holders, with the exception of the UHPC Training class.