



Health Promotion Class Calendar October 2012

Registration: Email Eleanor Cody at Eleanor.B.Cody@uscg.mil with your name, phone number, and name of class you wish to attend.

Location: Base Alameda, CG Island,
Building 16, Work-Life Division Conference Room.

Questions: Contact Alex Eclar at 510-437-3186 or Alexander.D.Eclar@uscg.mil .

Class	Description	Date/Time
Sensible Weight thru Fitness & Nutrition	Learn the fundamentals of weight loss, which involves proper meal management and regular exercise.	11 October – 1000-1100
Fitness Improvement	Learn the principles of proper exercise, nutrition, and behavior modification.	22 October – 1000-1100
Hypertension Awareness	Learn how to keep your blood pressure under control through diet, exercise, and medication options.	25 October – 1000-1100

Breast Cancer Awareness Month

How can I lower my risk of breast cancer?

- Control your weight and exercise.
- Know your family history of breast cancer. If you have a mother, sister, or daughter with breast cancer, ask your doctor what is your risk of getting breast cancer and how you can lower your risk.
- Find out the risks and benefits of hormone replacement therapy.
- Limit the amount of alcohol you drink.

Learn more about breast cancer. <http://www.cdc.gov/Features/BreastCancerAwareness/>