



February 2013



BREASTFEEDING BASICS CLASS: BJACH. LDRP TOUR TO FOLLOW. CALL 531-3705 OR 531-3708 TO REGISTER.

BREATHING AND RELAXATION CLASS: BJACH. LDRP TOUR TO FOLLOW. CALL 531-3705 OR 531-3708 TO REGISTER.

CAR SEAT SAFETY FITTING: SAFE CAR SEAT INSTALLATION, BLDG 3504 (RED ROOF). PLEASE MAKE AN APPOINTMENT @531-6880/3776.

DIABETES EDUCATION CLASS: FOR ALL DIABETICS. BJACH CLASSROOM 1 1ST FLOOR. CALL 531-6880/3255..

GETTING READY TO QUIT TOBACCO: FIRST STEP IN TOBACCO CESSATION PROGRAM. FT POLK EDUCATION CENTER, BLDG 660, ROOM 201. CALL 531-6880..

LABOR AND DELIVERY (L&D) CLASS: BJACH. LDRP TOUR TO FOLLOW. CALL 531-3705 OR 531-3708 TO REGISTER.

NEWBORN CARE: BJACH. LDRP TOUR TO FOLLOW. CALL 531-3705 OR 531-3708 TO REGISTER.


PREGNANCY POSTPARTUM PHYSICAL TRAINING (PPPT) EDUCATION: ENROLLMENT CALL 531-4926.

SELF CARE/OVER THE COUNTER (SC/OTC) MEDICATION CLASS: REQUEST OTC MEDS WITHOUT COST. BLDG 3504 (RED ROOF) PREVENTIVE MEDICINE 531-6880. SCHEDULE A CLASS OR COMPLETE ON-LINE AT www.polk.amedd.army.mil AND FOLLOW INSTRUCTIONS.

SIBLING CLASS: FOR CHILDREN EXPECTING NEW SIBLINGS: BJACH. LDRP TOUR TO FOLLOW. CALL 531-3705 OR 531-3708 TO REGISTER.

WEIGHT MANAGEMENT FOR ACTIVE DUTY (ARMY MOVE 1,2,3): BJACH 1ST FLOOR CLASSROOM CALL 531-3129.

WEIGH2GEAUX WEIGHT MANAGEMENT CLASS: OPEN TO ALL BENEFICIARIES. BJACH 1ST FLOOR, CLASSROOM 1. CALL 531-3255 OR 531-3129. (PATIENTS REQUESTING WEIGHT LOSS MEDICATION WILL NEED A REFERRAL BY PRIMARY CARE PHYSICIAN.)

Mon	Tue	Wed	Thu	Fri
				SATURDAY FEB 1ST POST A PICTURE ON TWITTER OR FACEBOOK 
4 ARMY MOVE 0900/1100/1300 TOBACCO CESSATION 1130-1300	5	6	7 PPPT EDUCATION 0815-0900	8 HEALTH AWARENESS BJACH 1000-1300
11	12 BREAST FEEDING BASICS 1300-1500	13 SELF CARE/ OTC CLASS 1000-1100	14 PPPT EDUCATION 0815-0900 DIABETES EDUCATION 0800-1200	15 TRAINING HOLIDAY
18 HOLIDAY PRESIDENT'S DAY	19	20	21 PPPT EDUCATION 0815-0900 BREATHING AND RELAXATION 1000-1200	22 HEALTH AWARENESS PX 1000-1300 WEIGHT MANAGEMENT 1200-1500
25 ARMY MOVE 0900/1100/1300	26 LABOR AND DELIVERY 1300-1500	27 SELF CARE/ OTC CLASS 1000-1100	28 PPPT EDUCATION 0815-0900	

Self Care/Over the Counter Medication Class

Use BJACH Pharmacy to request over the counter medications for pain, fever, coughs, colds, allergies and other minor conditions - **NO PRESCRIPTION NEEDED!**

**BJACH
HEALTH PROMOTION
337-531-6880**

There are several ways to complete the class!
Classes are offered the 2nd and 4th Wednesday every month at BJACH
Unit level or FRG meetings upon request
Other gatherings/meetings/training upon request
Online at the BJACH website (see below)

Any way you choose, you will be given a card to carry that will never expire.

SC/OTC Group class dates:

13 FEB

27 FEB

1000 -1100

1000 -1100

OR

On-line class

Complete the class portion on-line @

www.polk.amedd.army.mil

Click the SELF CARE/OTC ON-LINE CLASS hyperlink.

You must pass the on-line test, print out your certificate and make an appointment with Health Promotion to be entered into the OTC system.

Dept. of Preventive Medicine, Bldg 3504 (Red Roof)

CALL TO SCHEDULE

Call to request this class at your unit, workplace, FRG or club meeting!

Tobacco Cessation classes

ARE BEING OFFERED TWO WAYS AT BJACH!

You may choose to participate in the program with a group of your peers or you may also complete a structured on-line program. Either program may be brought to your work or unit upon request! Classes are scheduled monthly at BJACH.

For more information call 531-6880

Call BJACH Health Promotion for more information @ (337) 531-6880.

KEEP YOUR CHILD SAFE WHILE TRAVELING

CHILD CARSEAT PASSENGER SAFETY CHECKS

EVERY THURSDAY

FROM 10 AM TO 2 PM

CALL TO SCHEDULE

DEPARTMENT OF PREVENTIVE MEDICINE



**DATES FOR
FEBRUARY 2013**

FEBRUARY 7, 2013

FEBRUARY 14, 2013

FEBRUARY 21, 2013

FEBRUARY 28, 2013



**DATES FOR
MARCH 2013**

MARCH 7, 2013

MARCH 14, 2013

MARCH 21, 2013

MARCH 28, 2013

SCHEDULE YOUR APPOINTMENT TODAY

CALL

THE HEALTH PROMOTION PROGRAM

AT BJACH

(337) 531-3776 OR (337) 531-6880