

HEALTH PROMOTION SCHEDULE

YOU are the most important person when it comes to maintaining the good health of your body. To a large degree, the lifestyle you practice will have an impact on how you feel today, tomorrow and in the future.

50% of deaths and illnesses in the U.S. are directly linked to unhealthy practices such as: poor nutrition, tobacco use, lack of exercise, and unmanaged stress.

We have a Lending Library with educational videos and DVDs on nutrition, tobacco, cholesterol, and more. All items are available for checkout.

If you'd like a presentation brought to your worksite, please call Health Promotion at 410-293-1172.

- Blood Pressure Management
- Blood Pressure Screening
- Breast Cancer Awareness Walk
- Cardiac Health Class
- Chair Massage
- Diabetes Class
- Nutrition: Commissary Tour
- Nutrition: Holiday Eating in Control
- Nutrition: Support Group
- Nutrition: The Melting Pot Class
- ShipShape Class
- Stress Management
- Substance Abuse
- Tobacco Cessation Class
- Tobacco Cessation Class for Midshipmen
- Walking Club
- Wellness Examinations



HEALTH PROMOTION

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**To register for classes or
obtain more information,
contact: 410-293-1172**

2011

HEALTH PROMOTION SCHEDULE



This pamphlet provides available Health Promotion classes and a schedule of services. Our goal is to increase YOUR participation in YOUR health to improve the quality of YOUR life.

Lifestyle changes that are made with small steps, rather than huge leaps, have a greater chance of becoming a permanent way of life.

Our Health Promotion Programs are available and ready to help you obtain optimum health. Active duty, dependents, retirees, civilians, and contractors are welcome to participate in our Health Promotion classes.

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HEALTH PROMOTION SCHEDULE

DIABETES CLASS Thursdays, from 1200-1500:

- Feb 24
- June 23
- Oct 27

INNER SANCTUM'S "OLGA"

Chair offers a 15-minute massage. Walk-ins and reservations accepted.

NUTRITION: THE MELTING POT

A four-week weight management program designed to help you lose weight and develop healthy lifestyle habits.

Thursdays from 1200-1300:

- Jan 6, Jan 13, Jan 20, Jan 27
- Apr 7, Apr 14, Apr 21, Apr 28
- Sept 8, Sept 15, Sept 22, Sept 29

NUTRITION: HOLIDAY EATING IN CONTROL Thursdays, from 1200-1300:

- Dec 1
- Dec 8

NUTRITION: SUPPORT GROUP

For people receiving nutrition counseling there is a monthly support session which may include a commissary tour, dining out or a "hot" nutrition topic.

- First Monday of the month from 1200-1300.

SHIPSHAPE CLASS

Eight-week Weight Management class for Active Duty—mandatory for those out of body fat standards
Tuesdays from 1200-1300:

- Jan 11, Jan 18, Jan 25, Feb 1, Feb 8, Feb 15, Feb 22, Mar 1
- Sept 13, Sept 20, Sept 27, Oct 4, Oct 11, Oct 18, Oct 25, Nov 1

STRESS MANAGEMENT

Workshop by Fleet and Family Support Center.
Call 410-293-2602.

SUBSTANCE ABUSE

Individual appointments with a highly trained specialist may be made at 410-293-1347.

THE GREAT AMERICAN SMOKE OUT/NAVY NIC-OUT DAY

Thursday • Nov 17

TOBACCO CESSATION PROGRAM

Quit Tobacco-Make Everyone Proud is an educational campaign for the U.S. Military, sponsored by the U.S. Department of Defense. Learn about tobacco cessation, develop a personalized quit plan, chat online with a tobacco cessation coach, and more.

Visit www.ucanquit2.org for more information.

TOBACCO CESSATION CLASSES

The American Cancer Society's 4-week Freshstart Program will be offered Wednesdays, from 1130-1300:

- Jan 5, Jan 12, Jan 19, Jan 27
- Apr 6, Apr 13, Apr 20, Apr 27
- Aug 3, Aug 10, Aug 17, Aug 24
- Nov 2, Nov 9, Nov 16, Nov 30

TOBACCO CESSATION SUPPORT CLASS FOR MIDSHIPMEN

Midshipmen will be directed to the online class. Support and discussion group meets Wednesdays in the Dental Clinic from 1245-1315 during the Academic Year.

WALKING CLUB

Tuesdays and Thursdays at Hospital Point Clinic's flagpole from 1230-1300.

WELLNESS EXAMINATIONS

Call 410-293-2273, choose option #1, and then option #1 again to schedule an appointment for an Annual Diabetes Test, Cervical Exam (Pap Smear), Prostate Cancer Screening, Colon Cancer Screening, or Mammogram.

BLOOD PRESSURE MANAGEMENT

Learn what blood pressure is and how to manage it using dietary approaches such as the DASH diet.

Tuesdays, from 1000-1130:

- Jan 11
- Apr 5
- July 5
- Oct 4

BLOOD PRESSURE SCREENING

Screenings take place at the Commissary on Fridays, from 1000-1200:

- Jan 14
- Apr 1
- July 1
- Oct 14

BREAST CANCER AWARENESS NAVAL ACADEMY BRIDGE WALK

Thursday, October 13 from 1130-1300.

CARDIAC HEALTH CLASS

Thursdays, from 1100-1300:

- Feb 10
- May 12
- Aug 11
- Nov 3

Classes offered at Naval Health Clinic-Hospital Point. Registration required for all classes no later than 1 week prior to start date.