

HP/CHPS Happenings - October 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Blood Pressure (1289) 1000-1100</p> <p>Walk-ins 1400-1600</p> <p>FIP 1500-1600</p>	<p>4 Cholesterol (1266) 0700-0730</p> <p>Flu Clinic (1295) 0800-1200</p> <p>Nutrition/ Asthma & Allergies (1274) 0900-1000</p> <p>Bone & Joint Health/ Exercise and Arthritis (1234) 1000-1100</p> <p>More Matters: Fruit & Vegetables (1237) 1100-1130</p> <p>Women's Health/ Immunizations (1218) 1100-1200</p> <p>Flu Clinic (1515) 1300-1600</p> <p>Tobacco Cessations 1500-1600</p>	<p>5</p> <p>Flu Clinic (225) 0700-1000</p> <p>Health & Happiness/ Stress Management (1215) 0900-1000</p> <p>Healthy Eating On the Go/ A Pain In the Neck (237) 1000-1100</p> <p>Stress Management Part 1(100 Bay F) 1200-1230</p> <p>Stress Management/ Health & Happiness (575) 1300-1400</p> <p>Nutrition 101 1300-1400</p> <p>BetterBody/ Life 1400-1500</p> <p>FIP 1500-1600</p>	<p>6</p> <p>Cholesterol (1278) 0730-0800</p> <p>Recess Check-In (1237) 0900-1000</p> <p>Bone & Joint Health/ Warning Signs of Heart attack & Stroke (1285) 0930-1030</p> <p>Immunizations/ Nutrition (100 Bay K) 0930-1030</p> <p>Flu Clinic (BX Foyer) 1000-1400</p> <p>Healthy Eating On the Go/ EAP Balanced Living Skills 1100-1200</p>	<p>7</p>  <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p>CHPS Events Call 586-9586 HP Classes Call 777-1215</p> </div>
<p>10</p> <p>Columbus Day</p> 	<p>11 Cholesterol (1202) 0700-0800</p> <p>Health & Happiness / Stress Management (1257) 0800-0900</p> <p>Flu Clinic (1209) 0800-1100</p> <p>Recess Check-In (1580) 0900-1000</p> <p>Blood Pressure/ Recess Check-In (5 Bay A) 1000-1030</p> <p>Immunizations / Salt & Sodium (238) 1000-1100</p> <p>Blood Pressure/ Check-In (1515) 1100-1200</p> <p>Warning Signs of Heart Attack 1230-1300</p> <p>Recess Check-In (1227) 1300-1400</p> <p>Tobacco Cessations 1500-1600</p>	<p>12 Cholesterol (220) 0700-0730</p> <p>Flu Clinic (Warrior Fitness Center) 0800-1500</p> <p>Immunizations (100) 0900-0930</p> <p>Stress Management Part 1 (1254) 1000-1030</p> <p>Arthritis/ More Matters: Fruits & Vegetables (849) 1100-1200</p> <p>Stress Management Part 2(100 Bay F) 1200-1230</p> <p>Blood Pressure/Recess Check-In (100 SE) 1300-1400</p> <p>Recess Check-In (1247) 1400-1500</p> <p>Flu Clinic (225) 1530-1700</p> <p>BetterBody/ Life 1400-1500</p> <p>FIP 1500-1600</p>	<p>13</p> <p>Cholesterol (1246) 0700-0730</p> <p>Flu Clinic (1295) 0800-1200</p> <p>A Pain In the Neck/ Managing Chronic Pain (1289) 0900-1000</p> <p>Stress Management (1224) 1100-1130</p> <p>Immunizations / Ashtma, Allergies, Cold and Flu (1229) 1300-1400</p> <p>Flu Clinic (Hess Fitness Center) 1530-1730</p> 	<p>14</p> <p>Flu Clinic (Commissary) 1200-1700</p> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p>Classes are open to civilians, contractors, active duty, dependents, retirees, and reserves. Classes are held @ the HAWC, Bldg. 533, unless otherwise noted. Federal employees can use exercise leave to attend classes upon supervisor's approval. Visit our website at www.AFMcwellness. com</p> </div>
<p>17</p> <p>Walk-In 0700-0900 & 1400-1600</p> <p>Blood Pressure (674) 0830-0900</p> <p>Recess Check-In (1222) 0930-1000</p> <p>Recess Check-In (1289) 1300-1400</p> <p>Flu Clinic (BX Foyer) 1000-1400</p> <p>FIP 1500-1600</p> 	<p>18 Cholesterol (1 A) 0700-0830</p> <p>Flu Clinic (100 Bay F) 0700-1000</p> <p>Immunizations/ Stress Management (1274) 0900-1000</p> <p>Blood Pressure/ Check-In (849) 1000-1100</p> <p>Women's Health/ Stress Management (430) 1000-1100</p> <p>Recess Check-In/Blood Pressure (100 SW) 1115-1215</p> <p>Bone & Joint Health/ Immunization (1540) 1300-1400</p> <p>Tobacco Cessations 1500-1600</p>	<p>19</p> <p>Stress Management Part 2 (1233) 0900-0930</p> <p>Blood Pressure/ Recess Check-In (891) 1000-1100</p> <p>Stress Management Part 2 (1254) 1000-1030</p> <p>Flu Clinic (674) 1030-1530</p> <p>Physical Health Triangle (849) 1100-1130</p> <p>Stress Management Part 3(100 Bay F) 1200-1230</p> <p>FIP 1500-1600</p>	<p>20</p> <p>Cholesterol (2023) 0700-0730</p> <p>Flu Clinic (507) 0700-1100</p> <p>Asthma & Allergies/ Stress Management (1217) 0900-1000</p> <p>Recess Check-In (1239) 1000-1100</p> <p>Recess Check-In (688) 1100-1130</p> <p>Physical Healthy Triangle (688) 1130-1200</p> <p>Flu Clinic (CDC W) 1430-1730</p>	<p>21</p>
<p>24</p> <p>Walk-In 0700-0900 & 1400-1600</p> <p>Recess Check-In (1215) 1000-1100</p> <p>FIP 1500-1600</p>	<p>25</p> <p>Cholesterol (1234) 0730-0830</p> <p>Physical Health Triangle (1580) 0900-0930</p> <p>Building a Healthy Core / More Matters: Fruit and Vegetables (265) 0900-1000</p> <p>Physical Health Triangle (1237) 1000-1030</p> <p>Memory Loss/ Food Safety (849) 1300-1400</p> <p>Tobacco Cessations 1500-1600</p>	<p>26 Cholesterol (430) 0900-0930</p> <p>Stress Management Part 3 (1254) 1000-1030</p> <p>Immunizations / Exercise Across the Lifespan (1244) 1000-1100</p> <p>Stress Management Part 4 (100 Bay F) 1200-1230</p> <p>Heart Healthy Eating 1300-1400</p> <p>BetterBody/ Life 1400-1500</p> <p>FIP 1500-1600</p> 	<p>27</p> <p>Cholesterol (252) 0700-0730</p> <p>Women's Health/ Immunizations (5 Bay B-E) 0900-1000</p> <p>Flu Clinic (849) 1000-1200</p> <p>Women's Health / Physical Health Triangle 1100-1200</p> <p>Cholesterol (252) 1500-1600</p>	<p>28</p> <p>Flu Clinic (Commissary) 1200-1700</p> 
<p>31</p> <p>Walk-In 0700-0900 & 1400-1600</p> <p>Physical Health Triangle (1222) 0930-1000</p> <p>FIP 1500-1600</p>				

HP CLASS DESCRIPTIONS

Tobacco Cessation Class: Quitting tobacco is the best gift you can give to yourself and to those who love you. The tobacco cessation class uses the American Cancer Society's "Freshstart" program. This is a 4 part series meeting one hour weekly for 1 month. All active duty, dependents, retirees, DOD civilians, and contractors are eligible to attend. On-line courses are also available if the classroom setting does not fit your schedule. A fax referral form is filled out at the HAWC and sent to the Quit-Line. The Utah Quit Line is also used and is coordinated with Davis County Health Department. The Utah Quit-Line includes Behavior Modification/Withdrawal Symptoms; Stress Management; Nutrition, Exercise and Relapse Prevention. All counseling is done at your convenience via the phone or Internet.

Nutrition 101: Class held the first Wednesday of every month. Covers basic nutrition principles with some weight management and fitness information.

Better Body Better Life: This program is taking place of BE WELL for Healthy Weight. Designed to help individuals seeking to lose and maintain their weight and enjoy an overall healthy lifestyle. The interactive program includes modules focusing on nutrition, physical activity and behavioral issues. The modules do not have to be completed in order, so you can sign up anytime to begin your journey toward a better body and a better life. Please wear workout clothes to class.

Diabetes Prevention: Learn about carbohydrate counting, portion size, label reading, low fat eating, smart shopping, fiber, artificial sweeteners, eating out and more. Held monthly.

Heart Healthy Eating: This class focuses on low fat eating, portion control, fiber and antioxidant intake, label reading, shopping smart, and eating out.

Hypertension 101: This class is offered to help identify risk factors for hypertension and strategies to lower elevated blood pressure. Held monthly.

FIP: The Fitness Improvement Program (FIP) is a High Intensity Training Program geared for those members who scored an unsatisfactory on their AF Fitness Assessment. This class meets on Monday & Wednesday at 1500-1545 in the Bubble. It consists of weight training, aerobic work and calisthenics to help members to pass their fitness assessment or just get in better shape and learn to exercise correctly with a trained instructor. This class is open to AD, civilians and dependents.

CHPS CLASS DESCRIPTIONS

Cholesterol Screening: Our screening is performed painlessly by our health professionals! You'll get results immediately, which includes your blood panel results, blood pressure and optional Body Composition (Body Fat Percent, Muscle Mass, etc.).

More Matters: Fruit and Veggies Even though fruits and veggies have many health benefits, not many of us consume the recommended amounts. Come get a refresher on the great reasons to eat more fruits and veggies and how much we should consume daily. We will also share tips on how to stretch your budget to allow for more fruits and veggies, which ones are in season now, how to store them, and how to make them more appealing to picky eaters.

A Pain in the Neck: Understanding Headache, Migraine, Neck Pain, and Back Pain Millions of adults suffer from chronic pain, with many experiencing pain on daily basis. Come learn about the most common types of pain - low back pain, severe headache or migraine, and neck pain. We'll review what causes this pain, when to see a doctor about it, and ways to prevent pain.

Simple Strategies to Manage Stress: This class discusses different types of stress, and the short and long term effects that stress has on our bodies. We'll review three stress management techniques (focusing, calming, balanced living practices) so you leave class feeling more empowered to manage your stress.

Arthritis Did you know 1 in 5 U.S. adults has doctor-diagnosed arthritis? Come learn about four common types of arthritis (osteoarthritis, rheumatoid arthritis, gout, and fibromyalgia), the risk factors for developing arthritis, and medication and non-medication options for treating arthritis.

Healthy Eating on the Go Come learn tips for eating healthier on-the-go whether you're dining out at a restaurant or grabbing some grub at the convenience store. We'll review nutrition labels, portion sizes, choosing healthier foods and beverages, and examples of healthier fast food options.

Physical Health Triangle is a comprehensive plan to promote Sleep, Physical Activity, and Nutrition / Healthy Weight in order to enhance health, build resilience, and improve readiness among AFMC civilians and military members. The Physical Health Triangle involves: proper sleep for rest and recovery, physical activity to build your body's strength and endurance, and healthy nutrition for energy and weight management

Immunizations and Vaccinations If you have young kids, their doctor probably tells you which vaccines they need. But are you having the same discussion with your doctor? Adults need vaccines too – especially if you travel or have certain chronic conditions such as heart disease or diabetes. We'll discuss some vaccine-preventable diseases, how vaccines work, and what adults should know about vaccines to stay healthy.