

## **Civilian Health Promotion Services (CHPS) Wellness Class Topics**

CHPS offers educational wellness classes in the HAWC or at your worksite. We can bring this service to your building for your monthly staff meeting, commander's calls, lunch and learns, wingman activities, etc. We have several topics available to fit the needs of your group. We can also identify the needs of your group by using data from AFMC wellness website. Contact us today to schedule a wellness class near you!

<b>Class Name</b>	<b>Brief Description of Content</b>
Aging & Exercise	In this class, you'll learn to minimize the extent of the aging process through physical activity.
Allergies	In this class we'll take a look at what allergies are, when to see your physician, and what we can do to prevent and treat them.
Arthritis	In this class, we will discuss the management and treatment of arthritis
Asthma	In this class, we'll discuss the causes of asthma, the different treatments, and prevention of asthma.
Back Care	This class will focus on how to manage back pain and how to prevent chronic back pain and maintain proper care of your back.
Cholesterol Education	Come find out what high cholesterol is and what you can do to improve or control your numbers.
Diabetes Education	This program will cover risk factors, signs, symptoms, complications, and prevention of diabetes.
Exercise Basics	This class will explain the benefits of regular activity, define different types of exercise, and provide guidelines on starting an exercise program.
Headaches	This class will cover the types of headaches, treatment and prevention of headaches.
Healthy Lifestyle Choices	This class will help you to understand that setting goals and permanent lifestyle change, is the best way to successful weight loss.
High Blood Pressure Ed.	Come learn about the risks, treatments and prevention of hypertension.
Lighten Up (Weight Management)	Lighten Up is a 6 week program that meets once per week. Participants are given powerful tools to make real changes in lifestyle and eating habits!
Men's Health	The Men's Health program will help you discover the most common health risks that affect men.
Menopause	We can help quiet some rumors and myths, and hopefully ease any fear or worries one may have about menopause.
Resolution Solution	This class will focus on goal setting, our resistance to change and how to stick to your commitment.
Self Care Basics and Injury Prevention	Class will aim to help increase awareness of healthy lifestyle habits and self treatment of common illnesses and injuries.
Skin Cancer	This class will discuss ways to spot skin changes, treatment and prevention of this deadly disease.
Sleep Health	Join CHPS and learn how to get your best night of sleep, every night.
Stress Management	This class will discuss different types of stress and ways to reduce and eliminate stressors in your life. Two options are available: a one session stress management overview, or a detailed six session series.

Stroke Prevention	Up to 80 percent of all strokes can be prevented, so start reducing your risk now.
Understanding Your CRP	Join us to find out your cardiac risk and what you can do to lower it.
Walking for Health	There are lots of benefits of regular walking. This class teaches techniques, equipment, and setting goals for a healthy walk.
What is Health?	This class covers the four dimensions of wellness including: Physical, Emotional, Social, and Spiritual. Come learn about living an overall healthy lifestyle with tips and suggestions for each dimension.
Women's Health	This class will help you discover how to identify breast cancer, osteoporosis, ovarian cancer, and other issues specific to women.
<b>Nutrition 101 Series</b>	Classes can be taught individually or combined.
Nutrition Basics	This class will cover the 5 basic food groups; grains, vegetables, fruits, milk, and meat & beans. We will also cover serving sizes for each group and meal planning basics.
Food Safety	This class will cover the basics of safe food preparation and storage necessary to prevent foodborne illness.
Nutrition Labels	This class breaks the nutrition facts label down, and tells you what to look for in order to be more aware of what you put in your body.
Super Market Shopping	Find out how you can learn to making good choices in the super market.
Fad Diets	This class will teach you how to recognizing fad diets, review some of the most popular diets, and explain the valid path to successful weight loss.
Meal Planning with Seasonal Foods	It's no secret that eating fresh wholesome food is good for you. Come learn about the benefits of eating seasonal foods.
Mindful Eating	You'll learn about emotional eating and how it can lead to weight gain. Also tips to eat more mindfully.
<b>Healthy Eating Series</b>	Classes can be taught individually or combined.
Healthy Eating on a Budget	This class will cover information that will help you create a healthy food plan while saving money and time.
Healthy Eating Out	This class will discuss how you can make healthy choices when eating out and with fast food restaurants.
Healthy Eating in a Busy World	How many of you feel like being busy is a barrier to eating healthier? This class will discuss some ways to break through the barriers to eating healthy!
Healthy Eating at Work	We spend the majority of our weekday at work, which makes incorporating healthy eating habits an important part of overall health.
Healthy Eating on Vacation	This class will provide you with healthy eating and exercise tips that you can follow on vacation while still enjoying yourself.
Healthy Cooking & Recipe Modifications	This class will discuss why it may be beneficial to modify recipes.
Healthy Eating During the Holidays	Come learn about strategies for avoiding those extra holiday pounds without shunning the festivities. You do not have to feel deprived this season ... just make compromises and better choices.