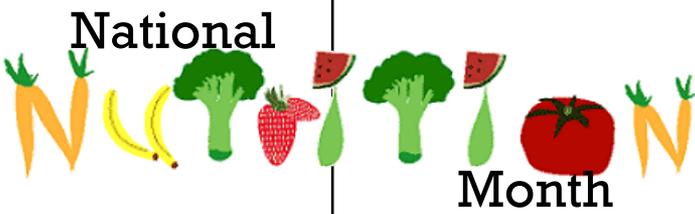


HAWC/CHPS Happenings-MARCH 2013

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>PT Prep Held M, W, F from 0630-0730 Fitness Improvement Program Held M & W from 1500-1600</p>	<p>5</p> <p>Cholesterol, BP, & Bod Pod Assessments 0700-1100 Cholesterol Education/ Stress Management (Bldg 100 Bay H) 1000-1100 Healthy Eating on a Budget (Bldg 1515) 1000-1030 #1 Tobacco Cessation Class 1500-1600</p>	<p>6</p> <p>Healthy Eating on a Budget 1100-1130 Nutrition Basics 1300-1400</p> <p>National</p>  <p>Month</p>	<p>7</p> <p>Sleep Health 1300-1400 Weight Loss Support Group 1500-1600</p>	<p>8</p> <p>Please call 586-9585 to schedule an appointment for a cholesterol screening for yourself or your group.</p>
<p>11</p> <p>Back Care 1100-1200</p> 	<p>12</p> <p>Nutrition Basics (Bldg 1515) 1000-1030 #2 Tobacco Cessation Class 1500-1600</p>	<p>13</p> <p>Nutrition Basics 1100-1130 Diabetes Prevention 1300-1400</p>	<p>14</p> <p>Healthy Cooking (Bldg 1244) 1000-1100 Weight Loss Support Group 1500-1600</p>	<p>15</p> 
<p>18</p> <p>Healthy Eating at Work (Bldg 1102) 1300-1400</p>	<p>19</p> <p>Mindful Eating (Bldg 1515) 1000-1030 Tools for New You 1000-1100 #3 Tobacco Cessation Class 1500-1600</p>	<p>20</p> <p>Hypertension 101 0900-1000 Healthy Eating at Work (Bldg 1223) 1100-1200 Mindful Eating 1100-1130</p>	<p>21</p> <p>Colorectal Cancer Awareness 1300-1400 Health Fair 1200-1500 Weight Loss Support Group 1500-1600</p>	<p>22</p> <p>HAWC Classes Call 777-1215 CHPS Classes Call 586-9584</p>
<p>25</p> <p>Blood Pressure Screening 1100-1200</p> 	<p>26</p> <p>Healthy Eating at Work (Bldg 1289) 1000-1100 Healthy Cooking (Bldg 1515) 1000-1030 #4 Tobacco Cessation Class 1500-1600</p>	<p>27</p> <p>Healthy Cooking 1100-1130 Heart Healthy Eating 1300-1400</p>	<p>28</p> <p>Tools for a New You 1000-1100 Weight Loss Support Group 1500-1600</p>	<p>29</p> 

Classes are held @ the Health & Wellness Center, Bldg. 533, Unless otherwise noted.
Classes are open to civilians, contractors, active duty, dependents, retirees, and reserves.
Federal employees can use LX leave to attend Health and Wellness classes.
Log onto www.AFMCwellness.com to create your wellness profile today!

HAWC 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. All counseling is done at your convenience via the phone or Internet.

Nutrition Basics: This class is offered monthly for those who are interested in learning about good eating habits. Focus will be on the Food Guide Pyramid, basic nutrition concepts, and basic weight management.

Weight Loss Support Group: A weekly interactive class to help you build a better body. Includes great information on nutrition, physical activity and behavioral topics that deal with weight and lifestyle issues through classroom discussions and hands-on activities as well as a workout portion.

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

Tools for a New You: A class on fitness, nutrition, sleeps, and stress management that provides a more hands on approach to living a healthier lifestyle.

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

CHPS CLASS DESCRIPTIONS

Cholesterol, BP, and BOD POD: Our screening is performed painlessly by our health professionals! You'll get results immediately, which includes your blood panel results, blood pressure and BOD POD Body Composition.

Cholesterol Education: High cholesterol affects 42 million Americans. Lowering cholesterol levels that are too high reduces our risk of developing heart disease. Come find out what high cholesterol is and what you can do to improve or control your numbers!

Stress Management: It's hard to avoid stress these days with so many competing demands for your time and attention. But with good stress management skills, you can cope with stress in a healthy way. CHPS is offering a class to help you get a better understanding of what stress is, how it can affect you, and some techniques to prevent and reduce the effects.

Healthy Eating on a Budget: Smart eating can seem difficult when you are counting your pennies, but it doesn't have to be. With careful meal planning you can trim both your waistline and your food budget.

Sleep Health: Research reveals that a number of vital tasks carried out during sleep help us maintain good health and enable us to function at our best. We need to sleep to think clearly, react quickly, and create memories. Join CHPS and learn how to get your best night of sleep, every night.

Back Care: Almost everyone has back pain at one time or another. The good news is that most back pain will go away with some basic self-care. This class will focus on how to manage back pain and more importantly, how to prevent chronic back pain and maintain care of your back.

Nutrition Basics: This class will cover the 5 basic food groups: Grains, Vegetables, Fruits, Milk, and Meat and Beans. Come learn how to meal plan by focusing on variety and balance in your diet.

Healthy Cooking: Healthy cooking doesn't mean that you have to become a gourmet chef or invest in expensive cookware. You can use basic cooking techniques to prepare food in healthy ways. Come learn the ins and outs of modifying recipes and how to cook healthier.

Healthy Eating at Work: We spend the majority of our weekday at work, which makes incorporating healthy eating habits important part of overall health. Come learn about healthy eating ideas at work. We will discuss methods to healthier snacking, lunches, and convenient exercises you can do while at work.

Mindful Eating: Eat, Drink & Be Mindful is being diligently attentive to your body, mind, thoughts and feelings as you eat. Come join us in a class to learn tips on becoming a mindful eater! We will also discuss how emotional eating can be mindless and linked to stress.

Colorectal Cancer Awareness: Colorectal cancer screening saves lives. If everyone who is 50 years old or older were screened regularly, as many as 60% of deaths from this cancer could be avoided. Come learn more about screening and prevention of this deadly disease.

March is National Nutrition Month

This is a perfect time to consider better food choices and eating habits and to begin incorporating small changes into your diet. CHPS will be offering Nutrition Express Classes during March. Come get Nutrition advice in our short 30 min. classes. Topics include: Healthy Eating on a Budget, Nutrition Basics, Mindful Eating, & Healthy Cooking.