



Health Education Classes Oct. - Dec. 2004



Diabetes Self-Management
Call for information & registration
257-0805

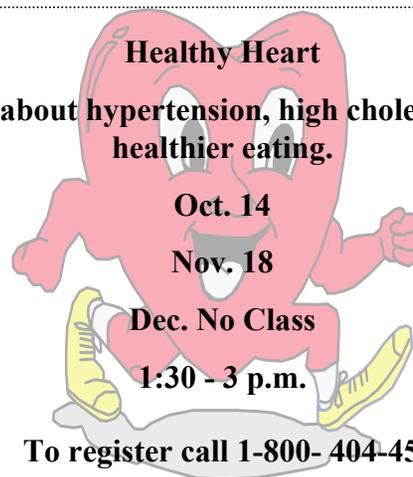
Weight Management Classes

ShipShape Active Duty Only
8-week series starts Sept. 16.
Registration: 257-9590



Tobacco Cessation a 2-session class
Oct. 12 & 19
Nov. 16 & 23
Nov. 30 & Dec 7
1630 - 1830
To register, call 1-800-404-4506

Healthy Heart
Learn about hypertension, high cholesterol, & healthier eating.
Oct. 14
Nov. 18
Dec. No Class
1:30 - 3 p.m.
To register call 1-800- 404-4506.



Sexual Health and Responsibility Program (SHARP)
Call Preventive Medicine to request class.



Preventive Health Assessment (PHA), annual requirement for ALL active duty members. Operational forces contact your Flight Surgeon or Squadron HM. Shore based units call for appointment during you birth month.



Nurse Educator: 257-9844 Diabetes Educator: 257-0805 Dietitian 257-9590