May 2006

To register for a class, please call the respective numbers.
Makalapa 473-0247
Kaneohe Bay 257-2131
Questions for Health Promotion: 473-1880 EXT. 282

Naval Health Clinic Hawaii Health Promotion presents:

Physical Fitness and Arthritis Awareness Month

For additional information and resources visit the Wellness Center or call 473-1880 x282

Mon	Tue	Wed	Thu	Fri
1 	2 **Makalapa** Nutrition / Weight Mgt 1000-1100 **K-Bay** Tobacco Cessation 1 1400-1500	3 **Makalapa** Tobacco Cessation 1 1000-1100 OR 1630-1730	**Benefits of Exercise** **Improves your appearance, strengthens your heart and lungs, relieves stress, burns calories, & reduces your risks of heart disease.**	**5** **Makalapa** Diabetes Self Management 1 1000-1130
8 **Becoming fit is saying, "YES" to a fuller life and "NO" to unhealthy habits!**	**9** **K-Bay** Tobacco Cessation 2 1400-1500	**10** **K-Bay** Healthy Heart 0900-1000 **Makalapa** Tobacco Cessation 2 1000-1100 OR 1630-1730		**12** **K-Bay** Self-Care 0900-1000
	16 **K-Bay** Nutrition/Weight Mgt 0900-1000 **Makalapa** Nutrition /Weight Mgt 1300-1400 **K-Bay** Tobacco Cessation 3 1400-1500	**17** **Makalapa** Asthma 1330-1430 **Makalapa** Tobacco Cessation 3 1000-1100 OR 1630-1730	**18** **Makalapa** Healthy Heart 1000-1100	**19**
22	**23** **K-Bay** Tobacco Cessation 4 1400-1500	**24** **Makalapa** Tobacco Cessation 4 1000-1100 OR 1630-1730	**25**	**26** **K-Bay** Self-Care 0900-1000
29				

JOINT PROTECTION TECHNIQUES

* **Move each joint through its full pain-free rage of motion at least once a day**
* **Balance periods of rest and activity during the day.**
* **Use good body mechanics.**