
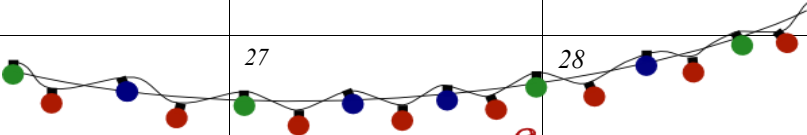



Health Promotion Calendar & Programs December 2017

Mon	Tue	Wed	Thu	Fri
<p>December Health Tip: The holidays are here which can make staying on track with a healthy eating pattern difficult. However, stay fit and healthy this holiday season by planning your meals ahead of time. Don't go to your holiday party on an empty stomach and get your family and friends together to do a fun active event or game afterwards!</p>				1
4	5	6	7	8
<p>Bod Pod Appointments 0730-1100 Call to schedule</p>	<p>"BBBL Class 3" 0800 - 0900</p>	<p>Tai Chi Class 1200-1230</p>	<p>Healthy Heart Class - Cholesterol/Lipids 0800 - 1000</p>	<p>Bod Pod Appointments 0730-1100 Call to schedule</p>
11	12	13	14	15
<p>Bod Pod Appointments 0730-1100 Call to schedule</p>	<p>"BBBL Class 4" 0800 - 0900</p>	<p>Tai Chi Class 1200-1230</p>		<p>Bod Pod Appointments 0730-1100 Call to schedule</p>
18	19	20	21	22
<p>Bod Pod Appointments 0730-1100 Call to schedule</p>	<p>"BBBL Class 5" 0800 - 0900</p>	<p>"Healthy Holiday Eating and Cooking" 1100-1130 *Classroom A</p>		<p>Bod Pod Appointments 0730-1100 Call to schedule</p>
25	26	27	28	29
 <p>Christmas Day</p>	 <p>Family Day</p>	<p>Closed for Holiday</p>	<p>Closed for Holiday</p>	 <p>Closed for Holiday</p>

Bod Pod Appointments—available Mondays and Fridays during the hours of 0730-1100

The bod pod is a machine that will assess your body composition and tell you how much body fat and lean mass that you have. If you are interested in making a Bod Pod Appointment please call us to schedule! By appointment only.

HEALTH PROMOTION
HOURS OF OPERATION:
Monday - Friday 0700-1600
377th Medical Group
Bldg 47 (behind the VA off San Pedro)

Guy Leahy
Health Promotion Coordinator
Phone: 846.1186

Kirsten David
Registered Dietitian
Phone: 846.1483

CLASSES & PROGRAMS:
Better Body Better Life (BBBL) Class

Tuesdays: 0800-0900, 5 Class Series
This is a weight management course for active duty members only.
Location: 3rd floor, Classroom A
Call 846-1483 to RSVP!

Tai Chi Class
Wednesdays: 1200-1300
Location: Physical Therapy Gym 1B101

Cooking Demonstrations
Take place bi-monthly.
Location: Base Chapel Kitchen.
Time/Date: See calendar.
Please RSVP as space is limited!

Healthy Heart Classes
Take place monthly.
Location: Dental Conference Room
Time/Date: See calendar.
Please call to RSVP!

Nutrition & Exercise Classes
Multiple classes offered per month.
See calendar for details.

*Classrooms A, B & C are located on the 3rd floor of the Medical Group building.