# Health Promotion Calendar & Programs

## May 2019

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| 1        |           | **Tai Chi Class**  
1130-1215 | 2         | 3         |
| Bod Pod Appointments  
0730-1100  
Call to schedule  
Tai Chi Class  
1130-1215 | Bod Pod Appointments  
0730-1100  
Call to schedule  
Tai Chi Class  
1130-1215 | Bod Pod Appointments  
0730-1100  
Call to schedule  
Tai Chi Class  
1130-1215 |
| 6        | 7         | **“BBBL Class 3”**  
0800 - 0900 | 8         | 9         |
| Bod Pod Appointments  
0730-1100  
Call to schedule  
Tai Chi Class  
1130-1215 | **Tai Chi Class**  
1130-1215 | Bod Pod Appointments  
0730-1100  
Call to schedule  
Tai Chi Class  
1130-1215 |
| 13       | 14        | **“BBBL Class 4”**  
0800 - 0900 | 15        | 16        |
| Bod Pod Appointments  
0730-1100  
Call to schedule  
Tai Chi Class  
1130-1215 | **Tai Chi Class**  
1130-1215 | Bod Pod Appointments  
0730-1100  
Call to schedule  
Tai Chi Class  
1130-1215 |
| 20       | 21        | **“BBBL Class 5”**  
0800 - 0900  
90 Day Challenge  
Healthy Cooking Demo  
1230-1330  
Base Chapel Kitchen | 22        | 23        |
| Bod Pod Appointments  
0730-1100  
Call to schedule  
Tai Chi Class  
1130-1215 | **Tai Chi Class**  
1130-1215 | Bod Pod Appointments  
0730-1100  
Call to schedule  
Tai Chi Class  
1130-1215 |
| 27       | 28        | **“BBBL Class 1”**  
0800 - 0900 | 29        | 30        |
|          | Memorial Day |          |           | Nutrition for Diabetes Class  
1100-1200  
Classroom B | 31 |
|          |           |           |           | Bod Pod Appointments  
0730-1100  
Call to schedule |

**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**

Mondays & Wednesdays: 1130-1215  
**Location:** Gravity Center, BLDG 20107

**Cooking Demonstrations**

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

**Nutrition & Exercise Classes**

Multiple classes offered per month.  
See calendar for details.

Join our Facebook group!  
Search for “KAFB Health Promotion” & request to be added.

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