



Health Promotion Calendar & Programs

August 2018

Mon	Tue	Wed	Thu	Fri
		1 <i>Tai Chi Class</i> 1130-1215	2	3 <i>Bod Pod Appointments</i> 0730-1100 <i>Call to schedule.</i>
6 <i>Bod Pod Appointments</i> 0730-1100 <i>Call to schedule</i> <i>Tai Chi Class</i> 1130-1215	7 <i>“BBBL Class 1”</i> 0800 - 0900	8 <i>“Introduction to Plant Based Nutrition: Class 1”</i> 1100 - 1200 <i>Classroom A</i>	9 <i>Healthy Heart Class - Cholesterol/Lipids</i> 0800 - 1000	10 <i>Bod Pod Appointments</i> 0730-1100 <i>Call to schedule</i>
13 <i>Bod Pod Appointments</i> 0730-1100 <i>Call to schedule</i>	14 <i>“BBBL Class 2”</i> 0800 - 0900	15 <i>“Introduction to Plant Based Nutrition: Class 2”</i> 1100 - 1200 in <i>Classroom A</i>	16	17 <i>Bod Pod Appointments</i> 0730-1100 <i>Call to schedule</i>
20 <i>Bod Pod Appointments</i> 0730-1100 <i>Call to schedule</i> <i>Tai Chi Class</i> 1130-1215	21 <i>“BBBL Class 3”</i> 0800 - 0900	22 <i>“Introduction to Plant Based Nutrition: Class 3 & Potluck”</i> 1100 - 1200 in <i>Classroom A</i> <i>Tai Chi Class</i> 1130-1215	23 <i>Nutrition for Diabetes Class</i> <i>Classroom A</i> 1100-1200	24 <i>Bod Pod Appointments</i> 0730-1100 <i>Call to schedule</i>
27 <i>Bod Pod Appointments</i> 0730-1100 <i>Call to schedule</i> <i>Tai Chi Class</i> 1130-1215	28 <i>“BBBL Class 4”</i> 0800 - 0900	29 <i>Tai Chi Class</i> 1130-1215	30	

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 C
Call 846-1483 to RSVP!

Tai Chi Class

Mondays & Wednesdays: 1130-1215
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.*