

BreastFeeding Basics Class: BJACH - CR #2 on the 2nd floor by the ER. LDRP tour to follow. Registration Call (337) 531-3705 OR 531-3708.

Breathing and Relaxation Class: BJACH - CR #2 on the 2nd floor by the ER. LDRP tour to follow. Registration Call 531-3705 OR 531-3708

Diabetes Education Class for all diabetics. BJACH Classroom 1, 1st floor. Registration Call (337) 531-6880/3255.

Getting Ready to Quit Tobacco: first step in TOBACCO CESSATION program. FT Polk education center, bldg 660, room 201. Registration Call (337) 531-6880/531-3255

Labor and Delivery (L&D) Class: BJACH — CR #2 on the 2nd floor by the ER. LDRP tour to follow. Call 531-3705 OR 531-3708 TO REGISTER.

Newborn Care: BJACH CR #2 on the 2nd floor by the ER. LDRP tour to follow. Registration Call 531-3705 OR 531-37408.

Pregnancy Postpartum Physical Training (PPPT) education: BCTC THEATER ROOM. Enrollment call 531-4926.

Self care/over the counter (SC/OTC) medication class: request OTC meds without Cost. BLDG 3516 (behind red roof) Preventive medicine (337) 531-6880/531-3255. Complete on-line at www.polk.amedd.army.mil

Sibling Class: for children expecting new siblings: BJACH CR #2 on the 2nd floor by the ER. LDRP tour to follow. Call 531-3705 OR 531-3708 TO REGISTER.

Weight Management For Active Duty (ARMY MOVE 1,2,3): BJACH 1st floor classroom. For registration call 531-3129.

Weigh2Geaux Weight management Class: OPEN TO ALL BENEFICIARIES. BJACH 1st floor, Classroom 1. Info call (337) 531-3255 or 531-3129. (Requests for weight loss medication will need a referral by primary care physician)



December 2013



Mon	Tue	Wed	Thu	Fri
2 ARMY MOVE 0900, 1030	3	4 BREASTFEEDING BASICS 0900-1100 BJACH HEALTH AWARENESS 1000-1300	5 PPPT EDUCATION 0815-0900	6
9 ARMY MOVE 0900, 1030	10 LABOR & DELIVERY 0900-1100	11 NEWBORN CARE 0900-1100 SC/OTC MEDICATION CLASS 1000-1100 PX HEALTH AWARENESS 1000-1300	12 PPPT EDUCATION 0815-0900 DIABETES EDUCATION 0800-1200	13
16 ARMY MOVE 0900, 1030 BREATHING & RELAXATION 1300-1500	17	18 SC/OTC MEDICATION CLASS 1000-1100	19 PPPT EDUCATION 0815-0900 WEIGHT MANAGEMENT 1200-1500	20
23 ARMY MOVE 0900, 1030	24 TRAINING HOLIDAY	25 	26	27
30 ARMY MOVE 0900, 1030	31 TRAINING HOLIDAY			

INTERNATIONAL AIDS AWARENESS MONTH & SAFE TOYS & GIFTS MONTH

Self Care/Over the Counter Medication Class

Use BJACH Pharmacy to request over the counter medications for pain, fever, coughs, colds, allergies and other minor conditions -

BJACH

Health Promotion

337-531-6880 OR 531-3255

NO PRESCRIPTION NEEDED!

There are several ways to complete the class!

Unit level or FRG meetings upon request

Other gatherings/meetings/training upon request

Online at the BJACH website (see below)

Any way you choose, you will be given a card to carry that will never expire.

SC/OTC Group class dates:

11 DECEMBER 2013

18 DECEMBER 2013

1000 -1100

1000 -1100

Dept. of Preventive Medicine, Bldg 3516

(BEHIND Red Roof Bldg 3504)

OR

On-line class

Complete the class portion on-line @

www.polk.amedd.army.mil

Click the **SELF CARE/OTC ON-LINE CLASS** hyperlink.

You must pass the on-line test, print out your certificate ***and make an appointment with Health Promotion*** to be entered into the OTC system.

Tobacco Cessation classes

ARE BEING OFFERED TWO WAYS AT BJACH!

You may choose to participate in the program with a group of your peers or you may also complete a structured on-line program. Either program may be brought to your work or unit upon request! Classes are scheduled monthly at BJACH.

For more information call 531-6880 OR 531-3255

Call BJACH Health Promotion for more information @ (337) 531-6880.

KEEP YOUR CHILD SAFE WHILE TRAVELING



CHILD CARSEAT PASSENGER SAFETY CHECKS

EVERY THURSDAY

FROM 10 AM TO 2 PM

CALL TO SCHEDULE

DEPARTMENT OF PREVENTIVE MEDICINE



**DATES FOR
DECEMBER 2013**

**5 DECEMBER 2013
12 DECEMBER 2013
19 DECEMBER 2013**



**DATES FOR
JANUARY 2014**

**2 JANUARY 2014
9 JANUARY 2014
16 JANUARY 2014
23 JANUARY 2014
30 JANUARY 2014**

SCHEDULE YOUR APPOINTMENT TODAY

CALL

**THE HEALTH PROMOTION PROGRAM
AT BJACH**

(337) 531-3776 OR (337) 531-6880