



July 2013



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)

Mon	Tue	Wed	Thu	Fri
1 Army Move 0900, 1100, 1300	2	3	4  4th of July	5
8 Army Move 0900, 1100, 1300 Tobacco Cessation 1130-1300	9 Breastfeeding Basics 0900-1100	10 Health Awareness at BJACH 1000 SC/OTC Medication Class 1000-1100	11 PPPT Education 0815-0900 DM Education 0800-1200 Car Seat Safety Checks 1000-1400	12
15 Army Move 0900, 1100, 1300	16	17 Newborn Care 0900-1100	18 PPPT Education 0815-0900 Car Seat Safety Checks 1000-1400 Weight Management 1200-1500	19
22 Army Move 0900, 1100, 1300	23	24 Labor Breathing & Relaxation 0900-1100 Health Awareness at PX 1000 SC/OTC Medication Class 1000-1100	25 PPPT Education 0815-0900 Car Seat Safety Checks 1000-1400 Tobacco Cessation 1130-1300	26
29 Army Move 0900, 1100, 1300	30	31	PPPT Education 0815-0900 Car Seat Safety Checks 1000-1400	

JULY IS NATIONAL EYE INJURY PREVENTION MONTH & UV SAFETY 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 - **NO PRESCRIPTION NEEDED!**

There are several ways to complete the class!

BJACH
HEALTH PROMOTION
337-531-6880 OR
531-3255

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:

10 JULY 2013
1000 -1100

24 JULY 2013
1000 -1100

OR

Dept. of Preventive Medicine, Bldg 3516
(BEHIND Red Roof Bldg 3504)

CALL TO SCHEDULE

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
JULY 2013**

JULY 11, 2013
JULY 18, 2013
JULY 25, 2013



**DATES FOR
AUGUST 2013**

1 AUGUST 2013
8 AUGUST 2013
15 AUGUST, 2013
22 AUGUST, 2013
29 AUGUST, 2013

SCHEDULE YOUR APPOINTMENT TODAY

CALL

THE HEALTH PROMOTION PROGRAM
AT BJACH

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