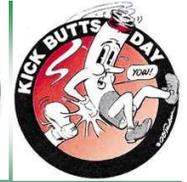




# MARCH 2013



**BREASTFEEDING BASICS CLASS:** BJACH. LDRP TOUR TO FOLLOW. REGISTRATION CALL 531-3705 OR 531-3708

**BREATHING AND RELAXATION CLASS:** BJACH. LDRP TOUR TO FOLLOW. REGISTRATION CALL 531-3705 OR 531-3708

**DIABETES EDUCATION CLASS FOR ALL DIABETICS.** BJACH CLASSROOM 1, 1ST FLOOR. REGISTRATION CALL 531-6880/3255.

**GETTING READY TO QUIT TOBACCO:** FIRST STEP IN TOBACCO CESSATION PROGRAM. FT POLK EDUCATION CENTER, BLDG 660, ROOM 201. REGISTRATION CALL 531-6880

**LABOR AND DELIVERY (L&D) CLASS:** BJACH. LDRP TOUR TO FOLLOW. CALL 531-3705 OR 531-3708 TO REGISTER.

**NEWBORN CARE:** BJACH. LDRP TOUR TO FOLLOW. REGISTRATION CALL 531-3705 OR 531-3708

**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. REGISTRATION CALL 531-6880 OR COMPLETE ON-LINE AT WWW.POLK.AMEDD.ARMY.MIL

**SIBLING CLASS:** FOR CHILDREN EXPECTING NEW SIBLINGS: BJACH. 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 CALL REGISTRATION CALL 531-3129.

**WEIGH2GEAUX WEIGHT MANAGEMENT CLASS:** OPEN TO ALL BENEFICIARIES. BJACH 1ST FLOOR, CLASSROOM 1. INFO CALL 531-3255 OR 531-3129. (REQUESTS FOR WEIGHT LOSS MEDICATION WILL NEED A REFERRAL BY PRIMARY CARE PHYSICIAN)

	Mon	Tue	Wed	Thu	Fri	
					1	2
3	4 ARMY MOVE 0900/1100/1300 GETTING READY TO QUIT TOBACCO 1130-1300	5	6 BREASTFEEDING BASICS 0900-1100	7 PPPT EDUCATION 0815-0900 "CALORIC GUESS-OFF COMPETITION" 1145-1230 BJACH DFAC	8 HEALTH AWARENESS BJACH 1000-1300	9
10	11 ARMY MOVE 0900/1100/1300	12	13 SELF CARE/OTC CLASS 1000-1100 LABOR & DELIVERY 0900-1100	14 DIABETES EDUCATION 0800-1200 PPPT EDUCATION 0815-0900 "BEST BJACH MILK MUSTACHE" 1145-1230 BJACH DFAC	15 WEIGHT MANAGEMENT 1200-1500	16
17	18 ARMY MOVE 0900/1100/1300 BREATHING & RELAXATION 1800- 2000	19 SIBLING CLASS 1700-1800	20 NEWBORN CARE 1300-1500	21 PPPT EDUCATION 0815-0900 "SALAD EATING COMPETITION" 1145-1230 BJACH DFAC	22 HEALTH AWARENESS MAIN PX 1000-1300	23
24	25 ARMY MOVE 0900/1100/1300	26	27 SELF CARE/OTC CLASS 1000-1100	28 PPPT EDUCATION 0815-0900 FOOD DEMO- EATING HEART HEALTHY 1145-1230 BJACH DFAC	29	30

# 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!**

**BJACH  
HEALTH PROMOTION  
337-531-6880**

There are several ways to complete the class!  
Classes are offered the 2nd and 4th Wednesday every month at BJACH  
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:

**13 MAR**

**1000 -1100**

Dept. of Preventive Medicine, Bldg 3516

(BEHIND Red Roof)

**CALL TO SCHEDULE**

**27 MAR**

**1000 -1100**

OR

## On-line class

Complete the class portion on-line @

**[www.polk.amedd.army.mil](http://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

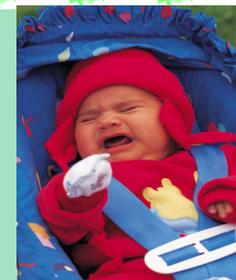
**ARE BEING OFFERED TWO WAYS AT BJACH!**

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**

**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**



**DATES FOR  
MARCH 2013**

MARCH 7, 2013  
MARCH 14, 2013  
MARCH 21, 2013  
MARCH 28, 2013



**DATES FOR  
APRIL 2013**

APRIL 4, 2013  
APRIL 11, 2013  
APRIL 18, 2013  
APRIL 25, 2013

**SCHEDULE YOUR APPOINTMENT TODAY**

**CALL**

**THE HEALTH PROMOTION PROGRAM  
AT BJACH**

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