

Naval Health Clinic New England

NBHC Groton Health Promotions Department

December 2009 Offerings Drunk and Drugged Driving

	<u>DATE(S)</u>	<u>TIME</u>
The Following Classes will be held in the Health Promotions Department		
1. Tobacco Cessation	07, 14, 21, 28 Dec (Monday) 03, 31 Dec (Thursday)	0930-1100 1400-1500
2. Diabetes Education	11 Dec	1330-1430
3. Diabetes Nutrition	14 Dec	1330-1430
4. Healthy Heart Class	02, 23, 30 Dec	1400-1500
5. Weight Management	07, 21 Dec (Monday)	1030-1200
Weight Management	04, 18 Dec (Friday)	1000-1130
6. GAMEPLAN (Lifestyle Modification for better health; weight loss)	By Appointment	Ongoing
7. Unit Specific GMT	By Appointment	Ongoing
8. ShipShape (AD Only)	By Appointment	Ongoing

Drunk & Drugged Driver Facts

- The Holiday season between Thanksgiving and New Year's is one of the deadliest & most dangerous times of the year due to an increase in impaired driving.
- Too many people still don't understand that alcohol, drugs, and driving don't mix. Impaired driving is NO ACCIDENT—nor is it a victimless crime.
- Please remember to "Give the Gift of a Lift" this holiday season. "Friends Don't Let Friends Drive Drunk."
- In 2006, 13,470 people died in alcohol-impaired driving crashes, accounting for nearly one-third (32%) of all traffic-related deaths in the United States.

Phone: 860.694.3104

Fax: 860.694.5585

Educational Services Offered:

- * Weight Management
- * Healthy Heart
- * Blood Pressure
- * Diabetes Education
- * General Nutrition
- * Tobacco Cessation

By Appointment

- * Game Plan (Lifestyle Modification Program)
 - * Glucometer Education
- Contact: 694-2379

Active Duty Only:

- * Ship Shape
- * General Military Training (at your location)

**Naval Health
Clinic New
England**

**DECEMBER 2009
Drunk and Drugged Driving Prevention Month**

**NBHC Groton's
Health Promotion
Department**

1 Wahoo Avenue
Groton, CT 06349
Phone: 860.694.3104
Fax: 860.694.5585

Educational Services

- * Weight Management
- * Healthy Heart
- * Diabetes
- * Tobacco Cessation

Active Duty Only:

- * Ship Shape
- * GMT

Mon	Tue	Wed	Thu	Fri
	1	2 * Healthy Heart Class @ 1400-1500 HP	3 Tobacco Cessation @ 1400-1500 HP	4 Weight MGT Class @ 1000-1130 HP
7 * Weight MGT Class @ 1030-1200 HP * Tobacco Cessation @0930-1100	8	9	10	11 Diabetes Education @1330-1430 Exec Conf
14 * Tobacco Cessation @0930-1100 Diabetes Nutrition @1330-1430 Exec Conf	15	16 	17	18 Weight MGT Class @ 1000-1130 HP
21 * Weight MGT Class @ 1030-1200 HP * Tobacco Cessation @0930-1100	22	23 * Healthy Heart Class @ 1400-1500 HP	24	25 HOLIDAY 
28 * Tobacco Cessation @0930-1100	29	30 * Healthy Heart Class @ 1400-1500 HP	31 * Tobacco Cessation @ 1400-1500 HP	1 JAN 2010 