

Naval Health Clinic New England

NBHC Groton Health Promotions Department

MARCH 2010 Offerings National Nutrition and National Colorectal Cancer Awareness Month

DATE(S)

TIME

The Following Classes will be held in the Executive Conference Room (Located on the First Floor behind the Quarter Deck) unless otherwise specified

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|---|-------------------------------|-----------|
| 1. Tobacco Cessation | 09, 16, 23, 30 Mar (Tue) | 1100-1230 |
| 02 March (Tuesday) | - Held in the Galley | 1100-1230 |
| 2. Diabetes Education | 22 Mar (Mon) | 1330-1500 |
| 3. Diabetes Nutrition | 23 Mar (Tue) | 1300-1430 |
| 4. Healthy Heart Class | 03, 10, 17, 24 , 31 Mar (Wed) | 1400-1500 |
| 5. Weight Management | 04, 18, Mar (Thu) | 1000-1130 |
| 11, 25 Mar (Thursday) | - Held in Room 4040 4th Deck | 1000-1130 |
| 6. Bariatric Class | 19 Mar (Fri) | 0800-0930 |
| 7. GAMEPLAN | By Appointment | Ongoing |
| (Lifestyle Modification for better health; weight loss) | | |
| 8. Unit Specific GMT | By Appointment | Ongoing |
| 9. ShipShape (AD Only) | By Appointment | Ongoing |

NUTRITION FACTS

- 3500 calories equals 1 pound of weight gain.
- **SIZE UP YOUR SERVINGS** Three ounces of meat is about the size of a deck of cards or an audiotape cassette. One ounce of cheese is about the size of 4 stacked dice. One teaspoon of butter or peanut butter is about the size of the tip of your thumb.

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)