

**NAVAL BRANCH HEALTH CLINIC
KEARNY MESA**
8808 Balboa Ave., San Diego, CA 92123
(Open to all beneficiaries)

DIABETES SELF MANAGEMENT TRAINING (DSMT)

(For course description, please see page 6)

Tuesday 1300 - 1500

October TBD

November TBD

December TBD

DIABETES MEAL PLANNING

The right food choices are the cornerstone to controlling your blood glucose levels. This 2 hour class will explain the role of carbohydrate in blood sugar control, how to “carb count”, a heart healthy diet, and how to handle special situations that may change your blood sugar control.

Thursday 1030 - 1230

October 9

November 13

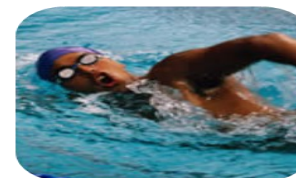
December 4

To register, or for more information call (619) 645-0164



NMCS D HEALTH & WELLNESS DEPARTMENT
Wounded, Ill and Injured (WII) Wellness

WII is a comprehensive program that encompasses therapeutic recreation, fitness and adapted sports in the rehabilitation of wounded, ill and injured service members and veterans with permanent or temporary physical, cognitive and emotional disabilities. The ultimate goal is to enhance and renew each participant's quality of life through ongoing participation in therapeutic activities.



Swimming for Beginners

(Open to all beneficiaries)

Monday 1300 - 1400

This is a 60-minute swimming session aimed to give beginners a good foundation for swimming. Patient-to-Instructor ratio is low. Instructor will work with participants on developing a better feel for the water, improving their water safety awareness, and learning different strokes. This class meets at the NMCS D, MWR pool located at Bldg. 12.

Program Managers, Betty Michalewicz or Fred Tackett (619) 532-7727

Swim Practice

(Open to all beneficiaries)

Monday 1330 - 1430 & Wednesday 1200 - 1300

Tuesday, Thursday & Friday 0600 - 0700

Here is your opportunity to learn or refine your swimming skills & stroke technique, increase cardiovascular capacity and overall well-being. This class meets at the NMCS D, MWR pool located at Bldg. 12 and is offered five days a week.

Program Managers, Betty Michalewicz or Fred Tackett (619) 532-7727

NMCS D HEALTH & WELLNESS DEPARTMENT
Wounded, Ill and Injured (WII) Wellness



YOGA

(Open to WII only)

The 60 or 90 minute Yoga classes will help to decrease stress and achieve mental clarity, while stretching and strengthening joints and muscles. Yoga has been found to assist members in acquiring a better focus and improved health.

Tuesday 1200 - 1300 (Class held in Bldg 3 C-5 Department)

Thursday 1330 - 1600 (Class held in Bldg 26, Health & Wellness)
With regular practice, yoga can help you decrease stress and achieve mental clarity, while stretching and strengthening your joints and muscles.

*Program Manager, Betty Michalewicz, Exercise Physiologist
(619) 532-7727*

YOGA AT THE BEACH

Thursday 0700 - 0900 Del Mar Beach

HEALTHY COOKING

(Open to WII only)

Come join us for a “hands-on” cooking class. You will learn how to prepare a healthy meal using a variety of recipes that are easy and inexpensive to prepare. Best of all, you get to eat what you cook at the end of the class. *For more information (619) 532-6846/7764*

Tuesday 1500 - 1630 NMCS D, Bldg 26, 1st floor

October 7, 14, 21, 28

November 4, 18

December 2, 9, 16



Initial assessment and medical clearance is required to participate in some programs. For more information or to register for listed programs, contact the Health & Wellness Department at (619) 532-7764

NAVAL BRANCH HEALTH CLINIC
CHULA VISTA
644 Naples St., Chula Vista, CA 91911
(Open to all beneficiaries)

DIABETES SELF MANAGEMENT TRAINING (DSMT)

(For course description, please see page 6)

Wednesday 1200 - 1500

October 8

November 12

December 10

DIABETES MEAL PLANNING

The right food choices are the cornerstone to controlling your blood glucose levels. This 2 hour class will explain the role of carbohydrate in blood sugar control, how to “carb count”, a heart healthy diet, and how to handle special situations that may change your blood sugar control.

Wednesday 1200 - 1400

October 15

November 19

December 17



HEALTHIER LIVING

This 7-week workshop is designed to teach patients to manage pain, stress, fatigue and frustration associated with chronic conditions.

Thursday 0900 - 1130

October 16, 23, 30

November 6, 13, 20

December TBD

To register, or for more information call (619) 744-5393

MANAGING HOLIDAY STRESS

Thursday 0900 – 1030

December 11

HEALTHY HOLIDAY EATING

Thursday 0900 – 1030

December 18

**NAVAL BRANCH HEALTH CLINIC
NB CORONADO**
Bldg 601, McCain Blvd., San Diego, CA 92135-7046
(Open to all beneficiaries)

HEALTHY EATING GROUP

A motivational group that covers healthier eating and encourages small achievable changes.

Tuesday 1400 – 1500



PHYSICAL ACTIVITY MOTIVATION GROUP

This diverse group discusses different types of physical activity, exercise and movement, and motivates members to accomplish fitness.

Thursday 1400 – 1500

To register, or for more information call (619) 545-0400



NMCS D HEALTH & WELLNESS DEPARTMENT
Wounded, Ill and Injured (WII) Wellness



TAI CHI
(Open to all beneficiaries)

Monday 0830 - 0915 (Class held in Bldg 12)

The Tai Chi class is a 45-minute session which guides the patient through the gentle flowing movements of Tai Chi. The instructor provides explanations and demonstrations to underlying Tai Chi techniques, body mechanics at work, and information regarding body alignment, joints and muscle relaxation.

Program Managers, Betty Michalewicz or Fred Tackett (619) 532-7727



SPIN CLINIC
(Open to all beneficiaries)

Wednesday 1100 - 1200 (Class held in Bldg 12)

Develop speed, endurance and strength during this 50-minute ride. Feel free to bring your own bike, hand cycle, or use one of the spin bikes provided.

Program Managers, Chris Chandler or Scott Sutton, (619) 532-5792

NMCS D HEALTH & WELLNESS DEPARTMENT
Wounded, Ill and Injured (WII) Wellness



CREATIVE EXPRESSIONS PROGRAM

Creative Expressions Therapy (CET) sessions provide the patient with many opportunities for treatment. The patient is able to explore multiple modes of personal expression through music, writing, and dance. Through these various modalities, the patient is able to: Learn about creating new coping mechanisms, build new personal skillsets, better understand the specific ways in which trauma affects them and how to reduce those effects, learn new and improved communication skills, increase social awareness and support, learn physical and emotional grounding techniques to aid in traumatic reoccurring experiences, process specific issues with peers, and create new healthy outlets for the expression and transformation of feelings such as frustration, anger, depression, and anxiety. Creative Expression Therapies are offered in both group and individual formats.

CET programs are run by contracted professionals as well as Health & Wellness staff.

Program Manager, Joyce DiCicco, (619) 532-6528

NAVAL BRANCH HEALTH CLINIC
MCAS MIRAMAR
 MCAS Miramar, Bldg 2496 Bauer Road, San Diego, CA 92145
(Open to all beneficiaries)

DIABETES SELF MANAGEMENT TRAINING (DSMT)

(For course description, please see page 6)

Wednesday 0800 - 1100

October 15

November 19

December 17

DIABETES MEAL PLANNING

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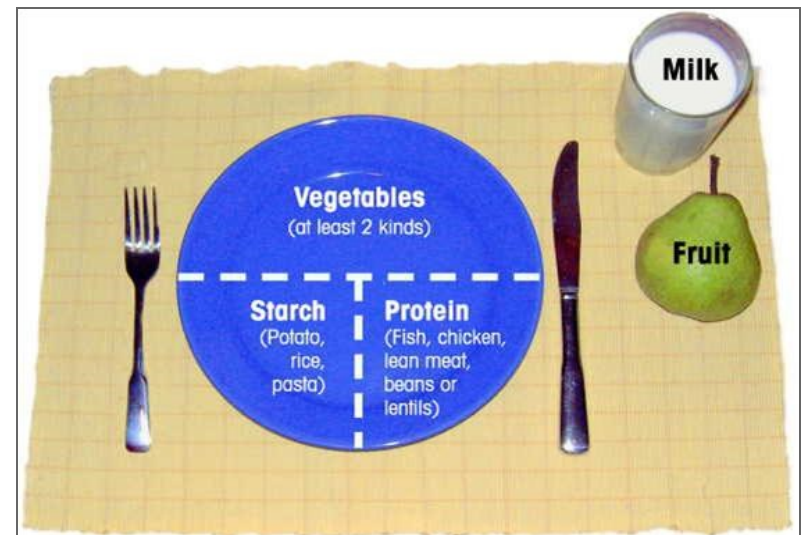
Wednesday 1300 - 1500

October 8

November 12

December 3

To register, or for more information call (858) 577-6252



**NAVAL BRANCH HEALTH CLINIC
NTC**

2051 Cushing Road, San Diego, CA 92106
(Open to all beneficiaries)

DIABETES SELF MANAGEMENT TRAINING (DSMT)

(For course description, please see page 6)

Wednesday 0800 - 1100
October 22 November "No Class" December "No Class"

DIABETES MEAL PLANNING

(For course description, please see page 21)

3rd Thursday 1030 - 1230
October 16 November 20 December 18

To register, or for more information call (619) 524-5206



NMCS D HEALTH & WELLNESS DEPARTMENT
Wounded, Ill and Injured (WII) Wellness



Thursday 1400 - 1530 NMCS D, Bldg 12, 2nd floor

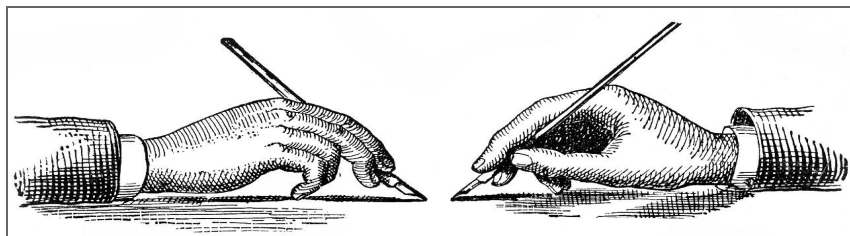
Music Therapy – Music therapists are contracted through a non-profit music therapy organization (Resounding Joy) to bring structured and accredited music therapy services to our wounded, ill, and injured military service members each Thursday and funded through Injured-Marine-Semper-Fi-Fund. *(These sessions are only on Thursdays. Individual appointments scheduled ahead of time. Group is every Thursday at 1400 - 1530 in Bldg 12, 2nd floor. Facilitated by Hannah Bronson, Music Therapist.)*



Music Expressions – This program initiates many patients into the Creative Expressions Program through the use of introductory skillset lessons, most commonly through the use of guitar. Peer-mentoring is encouraged and instruments are signed out from the NMCS D instrument stock for patients to practice with. Patients are assessed through this program first, and then often transferred to Music Therapy for further treatment. *(Individual 45-minute therapy sessions throughout Monday to Friday based on patient's schedule.)*

NMCS D HEALTH & WELLNESS DEPARTMENT

Wounded, Ill and Injured (WII) Wellness



Tuesday 1000 - 1130

NMCS D, Bldg 26, 1st floor

Creative Writing Group – This 90-minute group session, set as 45 minutes of writing time and 45 minutes of group processing and discussion time. Patients develop writing topics as a group or use pre-written exercises designed by the therapist to help facilitate good group discussion. This group allows patients to process therapeutic material in the safe container of a quiet group space through creative writing. *(Group limit is 8 patients. New groups can be opened based on patient demand.)*



Wednesday 1215 - 1315

NMCS D, Bldg 12, 2nd floor

Salsa Dance Class – This class has been on-going at NMCS D for the past 3 years. A dance instructor is contracted to teach the group class once a week with the help of volunteer staff, and includes external events to dance clubs and performances. This group focuses on socialization skills, gentle physical contact, body awareness, coordination, and progressive memory skills — all of which are crucial to the recovery and healing work of PTSD and TBI injuries. *(Group meets every Wednesday at 1215-1315 in Bldg 12, 2nd floor. Facilitated by Jennifer Ables, Dance Instructor.)*

NMCS D HEALTH & WELLNESS DEPARTMENT



Healthy Fitness Challenge

More than 81 percent of American businesses with at least 50 employees engage in some type of health promotion program, according to the Wellness Councils of America. One component of these programs is employee fitness challenges, which are contests between employees — either individually or as part of a team — to increase their physical activity and manage their weight in a fun way.

The NMCS D&NBSD has come together in a collaborative effort to launch a Healthy Fitness Challenge.

This challenge was implemented to assist participants in developing healthier eating and exercise habits, manage stress, and improve their overall health.

Physical activity and healthy eating have been proven to boost energy levels throughout the day and increase the release of endorphins which improves moods and controls mood swings.

The fitness challenge is held quarterly and open to active duty, TRICARE beneficiaries, GS Employees, Contractors. Information and measurements are completed before or after normal working hours. (The Fitness Challenge is to not interfere with normal working hours.)

For more information on how to join in the NMCS D&NBSD Healthy Fitness Challenge, please contact (619) 532-7786.