

Book Appointments
For Services & Classes

<https://dmhp4scheduling.as.me>



CLASSES & EVENTS

SEP • OCT

SEPTEMBER						
S	M	T	W	TH	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

- 9 – Health Empowerment Day
- 24 – World Self-Care Day
- 29 – World Heart Day
- 8-14 Sep – National Suicide Prev Wk
- National Cholesterol Educ Month
- World Alzheimer's Month

OCTOBER						
S	M	T	W	TH	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

- 5-11 Mental Illness Awareness Week
- 19-25 National Health Education Wk
- 23-31 Red Ribbon Week
- Domestic Violence Awareness Month
- National ADHD Awareness Month
- National Physical Therapy Month

1 – LABOR DAY – HPC CLOSED

- 2 - Best S.E.L.F- Nutrition | 9 – 10AM
- ~~2 - Running Clinic | 7:30 – 9AM~~ **CANCELED INDEFINITELY**
- 9 - Best S.E.L.F- Exercise | 9 – 10AM
- 10 - Diabetes 101 Class | 1 – 2:30PM
- 16 - Best S.E.L.F- Behavioral | 9AM – 10AM
- 17 - Healthy Heart (Cholesterol/hyperlipidemia) | 1 – 2PM
- 19 - Diabetes Support Group | 9 – 10:30AM
- 23 - Sleep Hygiene Class | 9AM – 10AM
- 24 - Healthy Heart | 1 – 2PM

Advance Mobility Class @ Haeffner Gym
MON-TUE-THU | 11AM – 12PM
WED | 7:30AM – 8:30AM

- 7 - Best S.E.L.F- Nutrition | 9 – 10AM
- ~~7 - Running Clinic | 7:30 – 9AM~~ **CANCELED INDEFINITELY**
- 8 - Diabetes 101 Class | 1 – 2:30PM
- 13 – Indigenous Peoples' Day / Columbus Day – HPC CLOSED**
- 14 - Best S.E.L.F- Exercise | 9 – 10AM
- 15 - Healthy Heart (Cholesterol & hyperlipidemia) | 1 – 2PM
- 17 - Diabetes Support Group | 9 – 10:30 AM
- 21 - Best S.E.L.F- Behavioral | 9AM – 10AM
- 22 - Healthy Heart | 1-2PM
- 28 - Sleep Hygiene Class | 9AM – 10AM
- 31 – Halloween

Advance Mobility Class @ Haeffner Gym
MON-TUE-THU | 11AM – 12PM
WED | 7:30AM – 8:30AM

**Best S.E.L.F. – Nutrition (formerly Better Body Better Life Class)*

BEST S.E.L.F. Series plus other class/services recommended for individuals not meeting **Physical Fitness Test Minimum Standards** and/or **Body Composition Program (High Risk WtHR)**
We strongly encourage you to complete the 3-part BEST S.E.L.F. series to support your health and wellness goals. Schedule your BEST S.E.L.F. series appointments today!

SERVICES

Body Composition Analysis

InBody 570 (10 min)

Comprehensive analysis of your body composition in 45 seconds using bioelectrical impedance.



- ✓ Food - Fast 2-3 hrs. Liquids are ok to drink.
- ✓ No exercising 2-3 hrs prior.
- ✓ Clothing – socks & shoes will be removed. Removing additional clothing is optional. Keep in mind, you will be weighed.

Metabolic Testing

Metabolic Rate Testing (30 min)

Gain valuable information about your measured resting metabolic rate (RMR) to pinpoint how many calories you need to lose weight or maintain.



- ✓ Food - Fast 6-8 hrs. Only room temp water is recommended.
- ✓ NO caffeine, nicotine (vaping, dipping), or exercising 6 hrs prior.

Cardio Fitness Level Assessment

VO² Max Testing (30 min)

Get a precise target heart rate that will enable you to exercise more effectively with less fatigue and injuries. Results include your aerobic and anaerobic threshold along with calories burned during every level of exercise.



- ✓ Clothing – wear clothes and shoes for walking, running, or cycling.
- ✓ Food – eat as you would normally before exercising. High caffeine intake 2-4 hrs is NOT recommended.
- ✓ Do not work out immediately prior to your test. Allow 24 hrs of recovery from intense exercise.

ELIGIBILITY - All services of the military. Active Duty, Guard, Reserve, Spouse/Dependents, Retired Military and DoD Civilians are eligible to participate in the Health Promotion classes and events. All services are FREE.

class descriptions

***Recommended for those utilizing the Passport to Wellness – Body Composition Program and/or Physical Fitness Assessment.*



****BEST S.E.L.F. – Nutrition (formerly Better Body Better Life (BBBL) Class) | 1st TUE monthly • 9AM - 10AM (60 min)**
Contact: Kasey Brixius, MS, RDN, CSSD, IFNCP (520) 228-0442, kasey.j.brixius.ctr@health.mil
Nutrition class that will cover micro and macro nutrients (carbs, protein, fats); sugar & fiber portion sizes; food labels, weight management tips; etc.



****BEST S.E.L.F. – Exercise | 2nd TUE monthly • 9AM – 10AM (60 min)**
Contact: Deborah Davis, MPH, BS, C-EP, FNS, CHC, (520) 228-2874, Deborah.a.davis160.civ@health.mil
Join us for a comprehensive class on the importance of exercise to decrease health risks. We will learn the science of exercise physiology, increasing mobility, and building resistance and cardio programs.



****BEST S.E.L.F. – Behavioral | 3rd TUE monthly • 9AM – 10AM (60 min)**
Contact: Lana Fred, MPH, (520) 228-7238, lane.r.fred.civ@health.mil
Join us for a class on learning actions you can take to sustain your wellness plan and achieve your goals, including increasing motivation and consistency. These techniques will positively affect many facets of your health.



****Running Clinic | 1st THU monthly • 7:30AM – 9AM (90 min) ~~CANCELED INDEFINITELY~~**
Running fundamentals to include proper technique, progression, injury prevention, and shoe selection.



Sleep Hygiene Class | 4th TUE monthly • 9:00AM – 10:00AM (60 min)
Contact: Lana Fred, MPH, (520) 228-7238, lane.r.fred.civ@health.mil
This class will cover the basic anatomy of sleep, benefits of sleep, and strategies.

OTHER CLASSES & APPOINTMENTS

Nutrition Consultation Appointments

Kasey Brixius, MS, RDN, CSSD, IFNCP is available for appointments. PH: 228-0442, kasey.j.brixius.ctr@health.mil

Nicotine Cessation Program | One-on-One Sessions (15-45 min) | By Appointment

Contact: Lana Fred, MPH, (520) 228-7238, lane.r.fred.civ@health.mil

The counseling and/or class will assist with quitting smoking, vaping/e-cig, or smokeless tobacco.
Options: Nicotine replacement therapy and/or medication.

Disease Management Team

Contact: Dr. Fenix Martin, (520) 228-2628, fenix.r.martin.civ@health.mil

Diabetes 101 Class | 2nd Wed monthly | 1AM – 2:30AM (90 min)

Diabetes Support Group | 3rd Fri monthly | 9AM – 10:30AM (90 min)

Healthy Heart (cholesterol & hyperlipidemia)

- 3rd Wed monthly | 1PM - 2PM (60 min)
- 4th Wed monthly | 1PM - 2PM (60 min)

Advance Mobility Class

MON-TUE-THU • 11AM – 12PM | WED- THU • 7:30AM-8:30AM

Location: Haeffner Gym – Rowing/Cycling Area

Instructors: Dr. Richard Shumway and Dr. Brett Bishop - Orthopedic Physical Therapists

Description: Classes designed to improve strength, flexibility, and overall movement quality. Whether you're a beginner, intermediate, or advanced participant, the tailored sessions incorporate a variety of equipment and exercises like kettlebells, sleds, medicine balls, balance training, and more.

Building 2303

