

For more information on HAWC programs or scheduling, call the Randolph AFB HAWC @ 652-2300.

Hours of Operation are: Mon – Fri 0730-1630

WEIGHT LOSS & NUTRITION

- **WEIGH TO WIN:** Series of three classes focusing on getting and keeping your body healthy and losing weight by changing your eating habits, making lifestyle changes, and getting fit. One class per month for three months, Thursday 1200 - 1400
- **TOPS (TAKE OFF POUNDS SENSIBLY):** Can you use a little push or support? TOPS can help you by providing you with a weight loss support group. For more information or to enroll, call 658-9750 or 667-1552. Mondays at 0900 hrs.

WORKSHOPS

- **LIFESKILL WORKSHOP:** (Stress Management, 4 weeks, 4 sessions) This stress management workshop can help you develop coping techniques, build a positive outlook and feel good about yourself. Wednesday, 1200 - 1300
- **TOBACCO CESSATION:** (4-Weeks, 8-Sessions) Learn how to face life without a cigarette. For staying healthy, quitting smoking is the best step you can take. Zyban or the nicotine patch is available. Tuesdays and Thursdays, 1000-1100 hrs or 1700-1800 hrs.
- **CARDIOVASCULAR HEALTH:** (3 sessions) This workshop includes nutrition and exercise information teaching you how to reduce your risk for heart disease and a behavior modification session to help you exchange your old lifestyle for a healthier one. A medical provider will also explain the effects of cholesterol and high blood pressure. Cholesterol testing prior to class and for three consecutive months. Mondays, 1200 - 1400 hrs.
- **ANGER MANAGEMENT:** The goal of the workshop is to recognize your “Triggers” and gain control over your responses. Wednesday, 1030 – 1130
- **BACK SCHOOL:** Prevent further back injuries and ease problems with chronic back pain with information you receive from the physical therapist at this workshop. Please call Physical Therapy at 652-3137 to be scheduled for the next class.

CLASSES

- **TOTAL FITNESS:** This class incorporates all aspects of “Fitness” including Cardiovascular Endurance, Muscular Strength & Endurance, Muscular Flexibility, and Body Composition. Learn how to develop a solid exercise program. Safely and effectively improve your fitness level and overall wellness by enrolling in the total fitness class.
- **PRENATAL AND POSTPARTUM FITNESS:** This class covers the changes the body is going through during pregnancy, how to exercise safely, and the warning signs to look out for during exercise.
- **NUTRITION FOR EVERYDAY LIVING:** In this class, you will receive nutrition information and learn how to make healthier food choice, in areas such as restaurant eating and food preparation.
- **SMART COOKING:** Get hands-on instructions on how to prepare healthier food. Sample what you prepare. Recipes provided. Friday, 11:00 - 1300

OTHER CLASSES/ PREVENTION RESOURCES

- **HAWC RESOURCE LIBRARY:** Prevention-based books, videos, & displays available for sign out at the HAWC desk.
- **RELAXATION ROOM/MASSAGE CHAIR:** Come and massage away your daily stress in the massage chair. Enjoy the relaxing atmosphere with soothing music. Available by appointment.

All class times are subject to change without prior notice. Please contact the HAWC at 652-2300 if you have any questions or want to enroll in any of the workshops or classes.

REACH GREAT HEIGHTS WITH WELLNESS