

Sleep Hygiene Class

2nd & 4th Wednesday of each month
1100—1200

The Behavioral Health Team will share what Sleep Hygiene is and how to use it to promote a healthier life for you.

Active Lifestyle Improvement

- Wellness Coaching sessions for goal setting and accountability with follow up as needed
- Provide Exercise Prescriptions, assist with establishing personal fitness plans and appointments with personal trainers at FMWR gyms

Lunch and Learn Classes

- Various health topics presented each month
- Offered during lunch hours 12:00-1:00pm
- Continuing Education Units available to healthcare workers
- Advertisement flyers are circulated through electronic mail on Redstone Arsenal and posted on our website at:
www.redstone.amedd.army.mil

Look for other Wellness Clinic events each month on our website www.redstone.amedd.army.mil

Programs are available to all TRI-CARE Beneficiaries and DoD/DA civilian employees on Redstone Arsenal.



Enroll in a class or make an appointment call:

256-955-8888 ext: 1440/1026

**Fox Army Health
Center
Wellness Clinic**

4100 Goss Rd
Redstone Arsenal, AL

**Fox Army Health
Center**

**Wellness
Clinic
Classes**

“Inspiring those who serve our nation and their families, past and present, to live a lifetime of wellness.”



Classes

Cholesterol Management Class

- **First Wednesday of every month from 0900-1015**
 - **Current Guidelines**
 - **Facts about Fat**
 - **Reading Nutrition Facts Labels**
 - **Portion sizes**
 - **Making Healthy Food Choices**
 - **Weight Management**
 - **Cholesterol Reduction**
 - **Benefits of Exercise**

Weight Management Class

- **Third Wednesday of every month from 0900-1015**
 - **Stress Effects**
 - **Changing Lifestyle Habits**
 - **What is a Serving Size**
 - **Healthy Eating Plan**
 - **Battling Behavioral Eating**
 - **How To Keep Off The Weight**

Classes

Tobacco Cessation Class

- **Tuesdays for five weeks from 1130-1230.**
 - **12 Week Program**
 - **Pre-Program Health Assessment**
 - **Five Classroom Sessions**
 - **Three Individual Follow-Up Appointments**
 - **Blood Pressure Checks Each Class**
 - **FREE Tobacco Cessation Medication**
 - **Telephone Follow-Up after Program**

Diabetes Self Management Seminar

- **Third Thursday of every month from 0745-1545**
 - **Nutrition**
 - **Long/Short term complications**
 - **Impact on Eyes**
 - **Foot Care**
 - **Physical Activity**
 - **Coping/psychological impact**
 - **Dental Care**

Classes

Welcome to Wellness/Readiness Seminar

- **Every Monday 1200-1330 and every Friday 0830-1000**
 - **Health Lifestyles Class**
 - **Nutrition**
 - **Exercise**
 - **Stress Management**
 - **Preventive Health Screening**
 - **Tobacco Cessation**
 - **Self-Care Class**
 - **Levels of Care**
 - **Medication Entitlement Card for FREE over-the-counter medication (TRICARE BENEFICIARIES ONLY)**

Relaxation in 30 Minutes or Less

You will be guided through a series of different relaxation techniques (Guided Relaxation Breathing, Guided Imagery, Progressive Muscle Relaxation, Autogenic Relaxation) by a FAHC Behavioral Health staff member in each class. Attend one class or all classes and walk out the door of each session relaxed and refreshed!

Classes are offered every other Wednesday from 1230-1300 on a quarterly basis.