



**Health and Wellness Center  
Travis Air Force Base  
Program Calendar  
October 2004**



| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|---|--|--|---|--|
|   |  |  |   | <b>1</b><br><b>FIP</b><br>0900-1030<br><b>BCIP 2</b><br>1300-1500  |
| <b>4</b><br><b>AF FMS</b><br>1000-1100<br><b>Healthy Living Workshop</b><br>1300-1500                                 | <b>5</b><br><b>PTL Course</b><br>0800-1600<br><b>Tobacco Cessation Class 5</b><br>1200-1300        | <b>6</b><br><b>AF FMS</b><br>1000-1100   | <b>7</b><br><b>Healthy Living Workshop</b><br>1400-1600<br><b>Tobacco Cessation Class 5</b><br>1630-1730            | <b>8</b><br><b>FIP</b><br>0900-1030  |
| <b>11</b><br><i><b>Columbus Day</b></i>   | <b>12</b><br><b>Tobacco Cessation Class 6</b><br>1200-1300<br><b>BCIP 1</b><br>1300-1500           | <b>13</b><br><b>Fitness 101</b><br>1030-1130<br><b>Stress Management Class</b><br>1200-1300  | <b>14</b><br><b>Healthy Living Workshop</b><br>1400-1600<br><b>Tobacco Cessation Class 6</b><br>1630-1730           | <b>15</b><br><b>BCIP 2</b><br>1300-1500  |
| <b>18</b><br><b>Nutrition 101</b><br>1030-1200<br><b>Healthy Living Workshop</b><br>1300-1500                         | <b>19</b>  | <b>20</b>  | <b>21</b><br><b>Healthy Living Workshop</b><br>1400-1600  | <b>22</b><br><b>FIP</b><br>0900-1030   |
| <b>25</b><br><b>Nutrition 101</b><br>1030-1200<br><b>Healthy Living Workshop</b><br>1300-1500                         | <b>26</b><br><b>BCIP 1</b><br>1000-1200<br><b>Tobacco Cessation Orientation Class</b><br>1200-1300 | <b>27</b><br><b>Fitness 101</b><br>1030-1130   | <b>28</b><br><b>Healthy Living Workshop</b><br>1400-1600<br><b>Tobacco Cessation Orientation Class</b><br>1630-1730 | <b>29</b><br><b>FIP</b><br>0900-1030<br><b>BCIP 2</b><br>1300-1500   |
| <b>The following classes are held on a monthly basis.</b>   |  |  |   |  |
| <b>Pregnancy Exercise Class</b><br>1600-1700<br><b>Anger Management</b><br>1515-1700<br><b>Liz Group</b><br>1800-2100 | <b>Pregnancy Exercise Class</b><br>0930-1030   | <b>Intro to Yoga</b> 1100-1200<br><b>Intro to Pilates</b> 1200-1300<br><b>Prostate Cancer Group</b><br>(2 <sup>nd</sup> Wed of the Month)<br>1330-1530<br><b>Pregnancy Exercise Class</b><br>1600-1700 | <b>Pregnancy Exercise Class</b><br>0930-1030  | <b>Cholesterol Screening</b><br>1 <sup>st</sup> & 3 <sup>rd</sup> Friday of the month<br>0730-0830<br><b>Intro to Fit-Ball</b> 1100-1200 |

**CLASSES WILL BE HELD AT THE HEALTH AND WELLNESS CENTER, BLDG 434, unless otherwise stated**

Please call 424-4292 to sign up for classes or more information.

Unofficial Body Fat Measurements (Not Recognized by USAir Force)

- **BOD POD:** Measures body composition by air displacement. Call to schedule an appointment 424-4292
- **Tanita:** Measures body fat by bioelectric impedance. No appointment necessary, just walk in.

- Blood Pressure Check Unit and Health Touch Information Center available for use in front lobby.

CLASS DESCRIPTION

- **TOBACCO CESSATION:** 7-week program designed to help people stop tobacco use. Includes six weeks of nicotine replacement therapy (nicotine patch).
- **INTRO CLASSES: (Fit-Ball, Yoga, and Pilates):** Classes held in the Fitness Center's Martial Arts Room. Open classes; no appointment needed.

Support Groups: **The LIZ GROUP:** Support group for breast cancer patients.