

### Sleep Hygiene Class

2nd 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](http://www.redstone.amedd.army.mil)

Look for other Wellness Clinic events each month on our website [www.redstone.amedd.army.mil](http://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.**