


TakeCare's Wellness Program Schedule


“Becoming *healthy* is the best decision you'll ever make.”

Let us help you discover your path to wellness with our Wellness Programs. Our health education and fitness classes will arm you with healthy lifestyle practices and a dose of prevention so you can do more!

Health Management Classes

Class Name	Class Description	Class Schedule	
Cardiac Risk Management	<ul style="list-style-type: none"> (1) 2 hour class session, 530pm to 730pm FHP Clinic Annex Conference Room A Prevent the onset and progression of heart and vascular disease through patient education on cholesterol management and blood pressure control. 	January 4 February 1 March 1 April 5 May 3 June 7	July 5 August 2 September 6 October 4 November 29
	<ul style="list-style-type: none"> 4 consecutive Saturday class sessions 10am - 12:30pm, TakeCare Wellness Center, Baltej Pavilion, Tamuning Experience fun-filled fitness with your parents Learn more colorful foods for a healthy tummy Enjoy family-oriented nutrition classes Motivate other kids in achieving healthy goals 	Session II July 7, 14, 28 August 4	
Diabetes Management	<ul style="list-style-type: none"> (1) 2 hour class session, 530pm to 730pm FHP Clinic Annex Conference Room A Class session educates patients diagnosed with Diabetes on the disease process, blood sugar control, meal planning, and prevention of complication and management of the disease. 	January 3 February 7 March 7 April 4 May 2 June 6	July 11 August 1 September 5 October 3 November 7
Nicotine Cessation Program	<ul style="list-style-type: none"> 3 consecutive Thursday sessions, 6pm to 7pm FHP Clinic Annex Conference Room A TakeCare's Nicotine Cessation Program follows the format of the American Cancer Society's Freshstart Program and is facilitated by certified Freshstart facilitators. Rx medication is free upon completion of the program for individuals that want to avail of the medication. 	January 11, 18, 25 February 8, 15, 22 March 8, 15, 22 April 12, 19, 26 May 10, 17, 24 June 14, 21, 28	July 12, 19, 26 August 9, 16, 23 September 13, 20, 27 October 11, 18, 25 November 1, 8, 15

Health Workshops

	<ul style="list-style-type: none"> 8 weekly class sessions with emphasis on vital signs monitoring and comprehensive laboratory screening. 500pm to 730pm, FHP Clinic Annex Conference Room A Facilitated by our full time Internal Medicine provider, Dr. Edwin Supit, the Wellness Workshop is aimed to promote a healthy lifestyle through plant-based nutrition and prevention and management strategies for chronic diseases such as diabetes, high blood pressure, high cholesterol levels and obesity. 		
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To register, please call our **Wellness Team @ 300-7161 or 300-7224** Monday through Friday from 8am-5pm or via email at wellness@takecareasia.com.

*All Health Education Classes are FREE to TakeCare Members unless otherwise specified. Referral is required from your primary doctor. Fax the form to (671)647-3541 or email to wellness@takecareasia.com. No referrals necessary for TakeCare's Group Fitness classes.



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Health Workshops



The TakeCare Wellness "Teen Talk Program" is a half-day workshop that is designed to provide adolescents (ages 13-19) with health and wellness education, which aims to minimize or prevent public health and social consequences as well as develop and encourage healthy behaviors.

Workshop topic may include:

- Nutrition and Physical Activity
- Bullying and Violence
- Suicide Prevention
- Substance Abuse (Nicotine, Drug & Alcohol use)
- Big brother/Big sister bonding
- Team building activities

Parent consent required for minors. Please contact TakeCare Wellness Team for Workshop Schedule

WELLNESS CONSULTATION: TELEPHONE OR IN-PERSON

Care Management Program

Individualized preventative and management consultation with a Registered Nurse for specific condition such as Congestive Heart Failure, COPD, Cancer Care, Sexual and Reproductive health/Menopause, etc.

By appointment, referrals needed

Nutrition Consultation

Individualized nutrition consultation with Registered Nutrition and Dietetics professional, Certified Health Coaches and Certified Nutrition and Wellness Consultants.

By appointment, referrals needed

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Worksite Wellness

- Worksite Wellness Sessions are informative customizes class sessions modules based on the needs and interests of the employer group.
- Session modules topics: Better Nutrition, Improving fitness and The Fitness Challenge, Cardiac risk management, Diabetes Management, Nicotine Cessation, Cellular stress and nutrition.

Contact TakeCare Wellness Team to schedule a class session with your company.

TakeCare's Fitness Program

Choose a variety of FREE Group Fitness Classes that's right for you! TakeCare offers a range of different classes to meet each fitness levels—from low impact exercises like Water Aerobics and Yoga to high intensity or dance like Cardio, Core and Strength Training, Aerobics and Zumba!

Well Mommy Well Baby Program

This program* is designed to provide educational support to pregnant women and their families and assist them to have a normal and healthy pregnancy. The program consists of one-on-one telephonic consultation with trained and skilled health care professionals who can provide guidance and support to pregnant women.

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