


# TakeCare's Wellness Program Schedule 2019

“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	
<b>Cardiac Risk Management</b>	<ul style="list-style-type: none"> <li>(1) 2 hour class session, 5:30pm-7:30pm FHP Clinic Annex Conference Room A.</li> <li>Prevent the onset and progression of heart and vascular disease through patient education on cholesterol management and blood pressure control.</li> </ul>	January 10 February 7 March 7 April 4 May 2 June 6	July 10 August 8 September 5 October 3 November 13
	<ul style="list-style-type: none"> <li>4 consecutive Saturday class sessions 10am -12pm, TakeCare Wellness Center, Baltej Pavilion, Tamuning</li> <li>Enjoy family-oriented nutrition classes and motivate other kids in achieving healthy goals. Follows the National Institutes of Health (NIH) Ways to Enhance Children's Activity &amp; Nutrition (We Can!) curriculum. (Ages 7-12.)</li> </ul>	Session I: January 12, 19, 26 February 2  Session II: June 22, 29 July 6, 13	
<b>Diabetes Management</b>	<ul style="list-style-type: none"> <li>(1) 2 hour class session, 5:30pm-7:30pm FHP Clinic Annex Conference Room A</li> <li>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.</li> </ul>	January 9 February 6 March 6 April 3 May 1 June 5	July 3 August 7 September 4 October 2 November 6
<b>Nicotine Cessation Program</b>	<ul style="list-style-type: none"> <li>3 consecutive Thursday sessions, 6pm-7pm FHP Clinic Annex Conference Room A</li> <li>Follows the format of the American Cancer Society's Freshstart Program.</li> <li>Upon completion. RX Medication or Nicotine Patch is free for qualified members.</li> </ul>	January 17, 24, 31 February 14, 21, 28 March 14, 21, 28 April 11, 18, 25 May 9, 16, 23 June 13, 20, 27	July 11, 18, 25 August 15, 22, 29 September 12, 19, 26 October 10, 17, 24 November 7, 14, 21
<b>National Diabetes Prevention Program (NDPP)</b>	<ul style="list-style-type: none"> <li>The Prevent T2 lifestyle change program is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC).</li> <li>This proven program can help you make modest lifestyle changes and cut your risk of Type 2 Diabetes by more than half.</li> <li>Saturday class sessions, 10am – 12pm, TakeCare Wellness Center, Baltej Pavilion, Tamuning.</li> </ul>	February 9, 16, 23 March 2, 9, 16, 23, 30 April 6, 13, 20, 27 May 4, 11, 18, 25	June 1, 8, 15 August 3, 17, 31 September 14, 28 October 12, 26

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](mailto: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](mailto:wellness@takecareasia.com). No referrals necessary for TakeCare's Group Fitness classes.



[www.takecareasia.com](http://www.takecareasia.com) |   

# TakeCare's Wellness Program Schedule 2019

## Health Workshops



Balanced Lifestyle

- 4 weekly class sessions that support TakeCare's Wellness initiatives that focus overall good health by combining prevention practices with the four key elements of wellness: Be Active, Eat Right, Relax & Unwind, and staying Socially Connected
- 530pm to 700pm, FHP Clinic Annex Conference Room A
- Class Schedule:  
February 5, 12, 19, 26      August 6, 13, 20, 27  
May 7, 14, 21, 28      November 5, 12, 19, 26

## Balanced Lifestyle Events

- Events and classes are held throughout the year that focus on the four key elements of wellness: Be Active, Eat Right, Relax & Unwind, and staying Socially Connected.



A workshop offered through the TakeCare Wellness program.

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.

Parent consent required for minors. 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*



- 8 weekly class sessions with emphasis on vital signs monitoring and comprehensive laboratory screening. FHP Clinic Conference Room, Annex 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.  
*Contact TakeCare Wellness Team for workshop schedule*

## TakeCare's Sports Series

- Fun filled sessions designed to teach the fundamentals of a sport. No experience needed.
- Members can find new ways to be physically active, to challenge themselves, or to keep in shape.

## Worksite Wellness

Worksite Wellness Sessions are informative customizes class sessions modules based on the needs and interests of the employer group.

*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.

To register for the Health Education Classes please call our **Wellness Team @ 300-7161 or 300-7224** Monday through Friday from 8am-5pm or via email at [wellness@takecareasia.com](mailto:wellness@takecareasia.com).

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