

**The HAWC Herald**

**Health and Wellness Center 2690 C St, Bldg 571 (Area B) Wright-Patterson AFB, OH  
45433-5350**

**HAWC Blood Drive: 22 Sept 0900-1400**

Wherever and Whenever needed. Donated blood has saved the lives of countless sick and injured service members and families. For 50 years the Armed Services Blood Program has responded to military needs in times of war and peace. The goal each month is 500 units of blood, Give life this summer...donate blood. For more information call the WPAFB Blood Donor Center 257-0580

Donating is easy; here are some helpful tips to make your donating time more pleasant!

1. The day prior to donating make sure to drink plenty of fluids and eat well-balanced meals.
2. Decrease the amount of caffeinated drinks the day prior and the day of donating.
3. Don't skip meals the day of donation.
4. If you exercise make sure to "cool down" prior to donating and drink plenty of fluids.

22 Sept 2004, Bldg 571, Area B  
0900-1400 (9 AM-2 PM)

This blood drive is open to the entire Wright-Patterson AFB community and their family members. Walk-ins are welcome and encouraged. If you need an appointment please call 904-WELL. Please give generously!

Questions call 904-WELL or check out the website at [www.tricare.osd.mil/asbpo/](http://www.tricare.osd.mil/asbpo/)

**HAWC Class Policy**

HAWC classes are open to Active Duty, Reservists, Guard, and retired military and their dependents, and base civilian employees. Contract and retired civil service employees may attend on a space-available basis.

Class sizes are limited, and *all classes require pre-registration*. To sign up or for more information, please call 904-WELL (9355) or email the HAWC Health Educator at [Harold.Raybern@wpafb.af.mil](mailto:Harold.Raybern@wpafb.af.mil).

✓ Please notify the HAWC if you have signed up for a class and are not able to attend. Many of our classes have waiting lists – if you cannot attend, please give someone else the opportunity to do so.

✓ Classes with less than 8 people registered by the Monday before class will be cancelled; any registrants will be notified.

✓ Need information, check out these websites: <http://wpmc1.wpafb.af.mil/pages/hawc> <https://ehawc.wpafb.af.mil>. (Web addresses that are secure must be typed into your browser.)

**HAWC Classes**

*If you are interested in a class that we do not offer please let us know by taking a few minutes to complete our need assessment survey at:* <http://wpmc1.wpafb.af.mil/pages/hawc>

**Running 101 (Physical Therapy)**

**22 September, 1215-1315**

How do I run and not get hurt? Comprehensive overview of how to select the correct shoes, clothing, warm-up, stretching and training programs. Designed to meet the needs of the beginner and intermediate runner. Bring your running shoes. (Class size is limited to 20)

**Dealing With Difficult People**

**28 September October, 1215-1515**

Every day difficult people enter our lives and often leave us frustrated, drained and angry. Avoiding the "complainer," "the "know-it-all" and other difficult people is impossible. Learn practical steps

and tested measures to relieve the stress encountered daily.

**Winning at Losing**  
**29 September, 1300-1500**

Don't let those extra pounds drag you down. This class covers basic weight loss principles so you can set and achieve realistic goals. (Classroom 4)

**Fitness Tester Class**  
**4 October, 1300-1400**

If you wish to be a fitness tester for your squadron this class is a must. It will cover the proper technique for push-ups, crunches, measuring abdominal circumference and tabulating the final score.

**Back Class (Physical Therapy)**  
**6 October, 1215-1315**

Learn what you can do to protect and strengthen your back whether you have a back problem or not.

**Stress Survival Kit**  
**7 October, 1215-1315**

Designed to assess stress and give suggestions in 10 specific areas such as anger, time pressure, worrying and stress symptoms. Participants use the "Stress Profiler" self-test to identify their own stressors and evaluate their strengths and weaknesses. Each participant also receives a "mini" stress survival kit.

**Fitness Improvement F/U**  
**8 October, 1300-1400**

For active duty enrolled in the Fitness Improvement program. Come prepared to exercise. (Must attend one F/U per month)

**Flexibility Class**  
**13 October, 1215-1315**

This lecture will be hands-on. Your flexibility level will be assessed by a physical therapist shortly after a mini-lecture. Please wear loose-fitting clothing.

**Equipment Walk-Through**  
**13 October, 1400-1500**

Learn how to properly and safely use the fitness equipment to achieve optimum results. (Taught by Services)

**Strength Training**  
**19 October, 1215-1315, Dr. Jim Schlub**

Learn about specific exercises that should be included in a strength training routine, along with exercise training techniques that improve strength and reduce injury.

**Running 101 (Physical Therapy)**  
**20 October, 1215-1315**

How do I run and not get hurt? Comprehensive overview of how to select the correct shoes, clothing, warm-up, stretching and training programs. Designed to meet the needs of the beginner and intermediate runner. Bring your running shoes. (*Class size is limited to 20*)

**Fitness Improvement F/U**  
**22 October, 1300-1400**

For active duty enrolled in the Fitness Improvement program. Come prepared to exercise. (Must attend one F/U per month)

**Winning at Losing**  
**27 October, 0900-1100**

Don't let those extra pounds drag you down. This class covers basic weight loss principles so you can set and achieve realistic goals. (Classroom 4)

**Fitness Tester Class**  
**1 November, 1300-1400**

If you wish to be a fitness tester for your squadron this class is a must. It will cover the proper technique for push-ups, crunches, measuring abdominal circumference and tabulating the final score.

**In Depth Core Training**

**2 November, 1215-1315, Dr. Jim Schlub**

Learn the benefits of core training. What exercises work best for developing a strong core for overall health and improved athletic performance.

**Back Class (Physical Therapy)**

**3 November, 1215-1315**

Learn what you can do to protect and strengthen your back whether you have a back problem or not.

**Weighty Matters,**

**4 November, 1430-1600**

Gain an understanding of how the rise in obesity and decrease in activity levels may contribute to chronic diseases especially diabetes. Increase knowledge about risk factors for diabetes lifestyle decisions that influence outcomes and medical management options.

**Osteoporosis and Exercise**

**5 November, 1215-1315**

Learn about bone anatomy and how weight-bearing and resistance exercise can increase bone mineral density. There will also be a short demonstration of specific exercises found to be effective in increasing bone mineral density.

**Flexibility Class**

**10 November, 1215-1315**

This lecture will be hands-on. Your flexibility level will be assessed by a physical therapist shortly after a mini-lecture. Please wear loose-fitting clothing

**Equipment Walk-Through**

**10 November, 1400-1500**

Learn how to properly and safely use the fitness equipment to achieve optimum results. (Taught by Services)

**Fitness Improvement F/U**

**12 November, 1300-1400**

For active duty enrolled in the Fitness Improvement program. Come prepared to exercise. (Must attend one F/U per month)

**Holiday Survival**

**16 November, 1215-1315**

Holidays should be pleasant times filled with family and friends but frequently becomes periods of high stress. Learn how to prioritize your time and financial commitments for an enjoyable holiday season.

**Running 101 (Physical Therapy)**

**17 November, 1215-1315**

How do I run and not get hurt? Comprehensive overview of how to select the correct shoes, clothing, warm-up, stretching and training programs. Designed to meet the needs of the beginner and intermediate runner. Bring your running shoes. (Class size is limited to 20)

**Fitness Improvement F/U**

**26 November, 1300-1400**

For active duty enrolled in the Fitness Improvement program. Come prepared to exercise. (Must attend one F/U per month)

**Winning at Losing**

**1 December, 1400-1600**

Don't let those extra pounds drag you down. This class covers basic weight loss principles so you can set and achieve realistic goals. (Classroom 4)

**Fitness Improvement F/U**

**3 December, 1300-1400**

For active duty enrolled in the Fitness Improvement program. Come prepared to exercise. (Must attend one F/U per month)

**Equipment Walk-Through**

**8 December, 1400-1500**

Learn how to properly and safely use the fitness equipment to achieve optimum results. (Taught by Services)

**Resolution; Making Ones You'll Keep  
9 December, 1215-1315**

Discover the art of making a resolution you actually keep. This class can assist you in deciding what you really want to accomplish in the future (New Year) and how to get there.

**Fitness Improvement F/U  
10 December, 1300-1400**

For active duty enrolled in the Fitness Improvement program. Come prepared to exercise. (Must attend one F/U per month)

**Fitness Tester Class  
13 December, 1300-1400**

If you wish to be a fitness tester for your squadron this class is a must. It will cover the proper technique for push-ups, crunches, measuring abdominal circumference and tabulating the final score.

**Starting an Exercise Program  
16 December, 1215-1315**

Designed for the novice, this class will help you determine which aspects of fitness training you should include in your exercise regimen to best fit your needs.

**\*\*Fitness Leader Training**

This day and a half training is for **military personnel only** and will include classroom as well as practical application. The tester training protocol is also part of this class. Uniform of the day and gym clothes will be worn for the application portions of class.

If you are in need of this training please call the HAWC so we can be sure to get the information to you as soon as dates are confirmed. This training is offered once a quarter.

**Kick the tobacco habit!**

Stop smoking or chewing tobacco for good! Tobacco cessation classes are held monthly, and meet on Tuesdays and Thursdays for three weeks (a total of six sessions).

Pre-registration is required. Classes for this quarter begin: 5 Oct @ 1100  
26 Oct @ 1100

Please call 904-WELL to sign-up.

Classes don't fit your schedule? Call about the online program (904-WELL) or go to the link at our website <http://wpmc1.wpafb.af.mil/pages/hawc>.

**Healthy Resources**

On Base

- Family Support Center
- Life Skills Center
- Chaplains' Services
- Base Gyms

National

- Employee Assistance Program  
[www.foh.dhhs.gov](http://www.foh.dhhs.gov)
- National Women's Health Information Center (Men's information can be reached through this site) [www.4women.gov](http://www.4women.gov)
- American Heart Association  
[www.americanheart.org](http://www.americanheart.org)

**It is never to late to improve your health!**

HOPE HEALTH TIP OF THE WEEK

Home alone

Millions of children take care of themselves for a few hours after school until their parents get home following the workday.

For your peace of mind, establish some ground rules to ensure your child's safety when he or she is staying home alone. One of the best ways to do this is to have a conversation with your child that covers these issues:

1. Should you call Mom or Dad as soon as you get home?
2. Are you allowed to watch TV, videos, or play computer games?
3. Should homework or chores be done first?
4. Can friends come over? If so how many?
5. What can you have for snacks?
6. Can you go outside, and if so, where? Should you call one of your parents to let them know where you'll be?
7. What appliances can be used (microwave, computer, etc.)
8. What chores need to be done and by when?
9. Should parents call home just before leaving work each day? For example, would it help to have a heads up in time to finish last minute chores before they arrive?

Once you've established your 'Home Alone Rules' it may help to make a schedule. That way, your children will know what expected of them each day. A possible schedule might look like this:

- 3:30 - 3:40 -- Call Mom or Dad
- 3:40 - 4:00 -- Change clothes and have a snack
- 4:00 - 4:45 -- Work on homework
- 5:30 - Set the table for dinner
- 5:45 - Mom or Dad is home

Source: The Nemours Foundation;  
[www.kidshealth.org](http://www.kidshealth.org)

#### HAWC HERALD SAFETY

We males are driven. We seem to have the same traveling gene as geese and other migratory animals (sadly, we are not given the same ability to find our way or the desire to bother anyone on the planet to ask for directions but that's another briefing). As a male, I am going to give our reasoning behind this phenomenon.

#### **There are parallels in nature:**

- Did you ever wonder why so many ducks are killed every year by flying low over decoys?? Is it because they are lonely? Hardly! They fly low to ask the "ducks" they see floating on the surface for directions, then BANG!! The next thing you know they're Peking Duck or roasting over a fire. We males see this and learn from it.

#### **SAFETY REMINDERS**

- The beautiful butterfly that flies too low to ask the other butterflies for directions and SPLAT! Has a final intense meeting with your windshield. We learn from this as well.

- The frog that meets the tire, the bird that meets the cat all because they stopped or slowed to find directions.

All these things are used to imprint a primal fear of stopping for directions, I hope this has helped our female coworkers, loved ones and teammates to understand us better

#### **AND SPEAKING OF TRAVEL...**

Autumn is here, cooler temps are just around the corner. Autumn is my favorite time of year (okay when I was a kid it wasn't because of that "back to school" thing), but now it is. There are many reasons for this; Labor Day, Columbus Day, Veteran's Day, and Thanksgiving come to mind immediately. So it seems a good idea to take a look at some holiday safety issues. Driving drunk is a bad idea, but driving tired is just as bad and gets less press time. Most of us would never even think of driving while intoxicated, yet have no problem with driving after 3 or 4 hours of sleep or after working a strenuous 10-12 hour shift. The fact is there are many similarities between driving exhausted and driving while intoxicated. Both can kill you, both can kill your family and anyone else that is unfortunate enough to be in your path. Don't do it! Being well rested will make you safer and will keep you more alert for those who may not be as wide awake as you that you share the road with. Be sure you look over your car check fluids, tire pressure and condition. Check the weather and allow travel time for problems you may encounter. Remember to SLOW WAY DOWN for construction zones. On cold days pack warm clothing and blankets just in case; on warm days it is good to have cold water available in the vehicle. If you have more than one driver in the vehicle...share the load, it will be safer and the trip will be more pleasant.