

The HAWC Traveling Show

Looking for an informative presentation for your next commander's call, off-site or training session? Let the Health and Wellness Center (HAWC) take the pressure off your scheduling worries! The HAWC has a variety of programs and classes to make your next event a hit. To schedule a presentation, all you need is at least 15 participants and the necessary audiovisual equipment, and the HAWC will come to you. At least three weeks' advance notice is requested. To schedule a presentation, please call the respective point of contact listed at 904-WELL (9355).



The HAWC's programs are built around our N.E.S.T. – Nutrition, Exercise, Stress management and Tobacco cessation.

Nutrition (Carol Spieler, RD, CDE)

Cooking For One (or Two): Tired of eating your dinner out of a can? Microwave meals busting your budget? Find out how to get organized so you can have healthy meals every night.

Dining Out Healthfully: Eating out is a fact of life in America. Learn how to dine out the healthy way. You're going to love the homework for this class!

Eating on the Run: Are you a fast food fanatic? You may be amazed to find out what you're really consuming when you eat out.

Energy Balance for Managing Your Weight: Calories in vs. calories out. Find out how to keep your life balanced and healthy.

Fad Diets: Carbs, fats, grapefruits, protein power, sugar busters – do they actually work? You may be surprised, amazed or horrified to discover how fad diets affect you.

Food and the American Way: Three cheers for the red, white and blue! How we eat affects our health and quality of life. Learn how the typical American eats and how small changes can add up to a longer, healthier life.

Healthy Eating for a Healthy Heart: Love your heart! Learn about cardiac risk factors and how to choose the right foods to reduce your chances of having a heart attack.

Healthy Food for Dudes: Hey, dudes – find out how healthy eating habits can improve men's chances for a longer life.

Take Control of Your Blood Pressure: Don't blow your stack! Learn about controlling high blood pressure through healthy food choices, exercise and weight loss (and medication, if necessary).

Vitamins and Supplements: Do you really need to take a vitamin or use supplements? Should you? Find out the answers to these questions and more.

Winning at Losing: Don't let those extra pounds drag you down. Find out all you need to know to begin losing weight, once and for all.

Exercise/Fitness (James Schlub, Ph.D., and Reggie O'Hara, MS)

Advanced Training Techniques: Learn training methods that push the regular athlete to higher performance.

Arthritis and Exercise: Provides the arthritic client with low-level aerobic and resistance training exercises to relieve joint pain and improve range of motion.

Breathing and Exercise: Explains the role of the respiratory system in health and exercise and possible benefits of various breathing techniques on athletic performance.

Caffeine as an Ergogenic Aid: Find out about the pros and cons of caffeine and its effect on the central nervous system.

Cancer and Exercise: This lecture provides the cancer patient with a detailed exercise program and ways to eliminate chronic fatigue through exercise.

Cardiovascular Diseases and Exercise: A comprehensive lecture covering all facets of disease management through exercise.

Diabetes and Exercise: Designed for diabetics who need to better control blood glucose levels with safe and effective strategies.

Exercise After 40: Basic exercise recommendations for those over 40 and in good health who wish to start exercising.

Exercise Demo and Mini Lecture: Covers exercise techniques and equipment that can be used at home.

Exercise for Those With Cardiopulmonary Disease: Offers exercise recommendations geared to those recovering from cardiovascular and pulmonary disease.

Exercise – One of the World's Best Medicines: A general lecture on the large variety of benefits possible from a regular exercise program as well as basic exercise program development.

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

Hypertension and Exercise: Covers the various exercise programs that are effective in reducing blood pressure and specific exercises that are safe and effective for a person who is hypertensive.

Marathon Preparation for the Regular Runner: Are you already running a few miles a couple days per week? This lecture will take you to the next higher level to training for the 26-mile marathon event.

Osteoporosis and Exercise: 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.

Power/Agility Training: This class will be geared to the serious athlete and will detail methods of improving sports performance using exercises and drills developed to increase overall body power, agility and balance.

Push-Up Training: Detailed lecture geared exclusively to increasing muscular strength and endurance to increase push-up performance.

Quantifying Overall Fitness: A comprehensive offering of various fitness tests one could perform to quantify and monitor the benefits and effectiveness of their exercise programs.

Safe and Sensible Exercise: Lecture devoted to exercising safely and avoiding many common exercise injuries and complaints.

Starting an Exercise Program: 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.

Strategies in Choosing a Physician: Designed for civilians, this lecture offers specific strategies that could improve your relationship with your doctor and provides strategies for choosing a physician.

Walking Programs and their Effectiveness: provides the latest research on effective strategies that can be applied when starting a walking program.

Weight Loss and Exercise: This lecture dispels the myths of fat burning and offers proven and reliable exercise suggestions for long-term weight loss.

Stress Management (Sarah Caudill, RN, BSN)

Anger – Use With Caution: Anger is an emotion not a behavior. Learn about the positive and negative effects of this emotion. Develop skills needed in moving anger from your heart to your head.

Dealing With Difficult People: 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.

Laugh and Live Longer: Good humor reduces the negative effects of stress. Laughter is also a powerful healing force – physically, emotionally and spiritually. This briefing uses the knowledge and advice of Annette Goodheart, Ph.D., Loretta LaRoche and Dr. Ben Bissel to help you learn not to take yourself too seriously, thereby living longer and happier lives.

Managing Stress 101: Basic class about stress – what it is, what causes it and distress. Manage stress using the 3M’s approach. Discover the art of letting go of stress.

Managing Stress 201: More in-depth look at stress and its management related to how we process our feelings and thoughts. Develop the ability to look for the positive in a situation and finds reasons to be grateful everyday.

Resolutions – The Attainable Goal: 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.

Surviving Change: One thing in life that’s certain is change. Change is inevitable, and getting more rapid everyday. While some people thrive on change, many of us feel like we’ve been hit by a runaway train. This class will give you some practical tips to prepare for change and what to expect along the way.

Surviving the Holidays: The holidays are a mixed blessing for many of us. Learning how to deal with the 4F’s of the holidays can help to increase our enjoyment and reduce stress during and after them.

The Stress Survival Kit/Stress Profiler: Designed to assess stress and give suggestions in 10 specific areas such as anger, time pressure, worrying and stress systems. Participants use the “Stress Profiler” self-test to identify their own stressors and suggest areas for change. Each participant also receives a “mini stress survival kit” offering wisdom about handling life’s stresses.

The Wellness Choice – A Way of Life: Wellness is the integration of mind, body and spirit. Learn about the different components of a balanced life – fitness, nutrition, stress reduction and inner peace. This class offers instruction and skills training for positive life-style change.

Tobacco Cessation (Sarah Caudill, RN,BSN)

Tobacco Use and Options for Quitting: Want to quit smoking for good? Kick the spitting habit? Learn about the tobacco cessation classes held every month at the HAWC. If you can’t make class, that doesn’t mean you can’t get help – check out the Freedom From Smoking On-line program offered through the American Lung Association at www.lungusa.org/ffs. For information on Nicotine Replacement Therapy (NRT) or other assistance, please call 904-9363.