

OCTOBER 2004

MCCS/USNH Health & Wellness Corner

Health Promotion Schedule of Events

- **BALANCE:** Weight Management Support Group, meetings held **every Wednesday, 1700**, Conference Room B, USNH. Come out and find the support & motivation you need to achieve your weight loss & fitness goals. Call 645-3910/2620 for more information.
- **Lose Weight the Easy Way:** Class meets **Oct 14 & 21 at 1500**, SETD CR #1, USNH. Learn how to eat and exercise to lose weight successfully. Call 645-2620 to register.
- **Tobacco Cessation:** 5-week class at USNH starting **November 2 at 1700**. Nicotine replacement & Zyban available. Call 645-2620 for class dates & to register.
- **2nd Annual Breast Cancer Run/Walk to Torii Beach:** **Sat, Oct 23.** Walkers start @ 0630 & Runners start @ 0700. Course begins at USNH flag pole & ends at Torii Beach (9 kilometers). Free T-shirts to first 200 participants. Post-event gathering at Torii Beach pavilion. No Pre-Registration required. Meet in front of USNH starting @ 0600. This is a great opportunity to come out to "Celebrate and Remember." Call 645-2620/3910 for more information.
- **Spread the Word: Celebrate Life:** Join us for a celebration of life and to help spread the word about breast cancer. On **Sun, Oct 24 at 1700** @ the Hammer Restaurant on Hwy 23 between Kadena and Lester. There will be a buffet style meal, guest speakers, live music by JJ, drawings for great prizes, and lots of fun. Call 645-2620/3910 for details.
- **Healthy Heart Class:** Class meets on **Oct 26 at 1500**, SETD CR#1, USNH. Learn how to lower your blood pressure and cholesterol. Call 645-2620 to register.

October Health Observances

- **Breast Cancer Awareness Month:** This program aims to educate women about breast cancer—from risk factors and breast self-examinations to treatment and complementary therapies. To learn how to protect yourself and your loved ones, visit www.nbcam.org. Nationwide **Mammography Day**, celebrated on **Oct 17**, encourages women to make an appointment for or receive a mammography.
- **Blindness Awareness Month:** 180 million people worldwide suffer from some form of visual impairment. Worldwide, every five seconds a person goes blind; every minute a child goes blind. To learn more about sight-saving medical and surgical techniques, visit www.aao.org.
- **Brain Injury Awareness Month:** Over 50,000 people die every year from a brain injury; as many as 90,000 others are left with a lifelong disability. The Brain Injury Association provides education to the community on sports and recreation, violence, transportation and bike safety, falls and information on how to prevent injuries. For more information, visit www.biausa.org.
- **Domestic Violence Awareness Month:** According to a 1996 study by the American Psychological Association, "one out of every three women experiences at least one physical assault by a partner during adulthood." With 25 years of activism, the National Coalition Against Domestic Violence (NCADV) intends to further educate women and their families against this often-deadly occurrence. To learn more, visit www.ncadv.org.

MCCS Health Promotion: 645-3910

USNH Health & Wellness: 645-2620

MCCS Fitness/Group Fitness: 645-3484

