



SEPTEMBER 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 **Sept 16 & 23 at 1500**, Conf Room B, USNH. Learn how to eat and exercise to lose weight successfully. Call 645-2620 to register.
- **Tobacco Cessation:** 5-week class, starts **Sept 21 at 1700**, USNH Galley. Nicotine replacement & Zyban available. Call 645-2620 to register.
- **Aqua Aerobics Workshop:** Come learn the "How To" of putting together an aqua class and the correct way to use the aqua equipment. **Sat, Sept 25, 0900-1200 @ Foster 50 M Pool.** Contact MCCS Group Fitness at 645-3484.
- **Healthy Heart Class:** Class meets on **Sept 28 at 1500**, SETD #3, USNH. Learn how to lower your blood pressure and cholesterol. Call 645-2620 to register.
- **Iriomote Wellness Retreat:** **Oct 9-11.** Space is limited so sign up today. Contact USNH Health Promotion at 645-2620 for registration and cost information.
- **W.O.W.-Women on Weights:** Courtney Fitness Center, **every Tues & Thurs, 1015-1115.** Learn proper weight training techniques. For more information contact the Courtney Fitness Coordinator at 622-9486.
- **T.G.I.F.-Teens Getting Into Fitness:** Courtney Fitness Center, **every Tues & Thurs, 1300-1400.** For youth ages 12-18. Youth ages 12-15 must have an adult/parent 18 years of age or older present to participate. Learn proper weight training techniques for teens. For more information contact the Courtney Fitness Coordinator at 622-9486.

September Health Observances

- **National Cholesterol Education Month:** Cholesterol Month 2004 extends the theme, "**Know your cholesterol numbers, know your risk.**" This theme emphasizes two of the main thrusts of the cholesterol guidelines: the importance of having your cholesterol measured and knowing your risk of developing heart disease. Visit www.nhlbi.nih.gov for more information.
- **National 5-a-Day Month:** This year's theme for 5-a-Day month is "**Lead the Way: Choose Fruits, Vegetables and Physical Activity.**" Each year during the month of September, the Produce for Better Health Foundation, the National Cancer Institute, and other 5-a-Day partners, conduct a nationwide effort to promote eating 5 to 9 servings of colorful fruits and vegetables daily for better health. Visit www.5aday.com for great information.
- **Ovarian Cancer Awareness Month:** According to the American Cancer Society, ovarian cancer accounts for 4 percent of all cancers among women and ranks fifth as a cause of their deaths from cancer. The American Cancer Society statistics for ovarian cancer estimate that there will be 25,580 new cases and 16,090 deaths in 2004. The death rate for this disease has not changed much in the last 50 years. The best protection is early detection. Visit www.ovarian.org for more information.

MCCS Health Promotion: 645-3910

USNH Health & Wellness: 645-2620

MCCS Fitness/Group Fitness: 645-3484

