

HAWC Mission Statement:

Optimize total force readiness and quality of life for all through health awareness, education, and prevention.

The US Public Health Service and the American Medical Association have identified numerous risk factors related to individual lifestyle choices. Examples of risk factors are tobacco use, alcohol/drug abuse, food choices, obesity, sedentary lifestyle, and being over stressed. These lifestyle choices increase an individual's susceptibility to chronic diseases that negatively impact a person's health and well-being. Such choices also affect personal and occupational productivity as well as optimum quality of life.

HAWC STAFF

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HAWC INFO

What is a HAWC?

HAWC stands for Health and Wellness Center. HAWCs are dedicated to prevention and health enhancement. They are "one-stop" shops for health and fitness evaluation, awareness, prevention programs, and exercise prescriptions.

Where is the HAWC?

The HAWC is located in Bldg 428. Across the parking lot from Schilling Community Activity Center.

Who may use the HAWC?

The HAWC is open to active duty, retirees, reservists, military dependents, and base-employed civilians. Active duty members have priority to certain programs.

What are the hours of operation?

Mon-Fri, 0730hrs-1630hrs
Third Thursday of every month closed at 1200 for training.

Closed Holidays

You may contact us at 634-2499 or at our
You're always welcome at the HAWC!

Kadena's Health and Wellness Center



Summary of Programs & Activities

Updated 6 Jan 2011

Current Programs

• **Customers should REGISTER for all programs/activities. Phone us at 634-2499**

Tobacco Cessation

The HAWC offers 2 options to help you quit tobacco:

1. Monthly classes (Featuring the FreshStart program used by the American Cancer Society)
2. Online Course using the American Lung Association's Freedom From Smoking Online program.

Nicotine patches, Zyban, and Chantix are available for eligible participants. Stop by or call 634-2499 to learn more.

NOTE: Classes will be offered on a walk in basis every Monday at 1200 or 1600. No registration required.

Nutrition

• **Healthy Heart Class:** Nutrition information provided on lowering cholesterol levels to reduce the risks of cardiovascular disease. The program goes over proper foods to eat as well as many other things that contribute to a high fat content diet.

• **Hypertension Class:** helping to stop “the silent killer”, we provide nutrition information on controlling high blood pressure using the DASH approach to healthy eating.

• **One on One Diet Counseling:** Counseling is available for weight-loss, cholesterol and hypertension, diabetes and general healthy eating lifestyle. Please call and ask for an appointment @ 634-2499

NOTE: Due to limited staff, individuals wanting 1 on 1 counseling will be directed to attend class before being seen individually.

Fitness

• **Fitness 101:** Provides education on how to exercise properly and effectively to increase aerobic capacity and burn (lose) fat. Additional topics discussed are metabolism, benefits of aerobic exercise, and the FITT principle: Frequency, Intensity, Time, and Type of exercise.

• **Fitness Assessment:** Microfit physical fitness profiles are conducted at the Risner Fitness Center. The fitness profile measures overall individual fitness and identifies improvement areas. Contact Risner at 634-5128 for an appointment.

• **Exercise Prescription:** Exercise program development for individuals with specific needs and is conducted by our Exercise Physiologist by provider referral. **NOTE:** Due to limited staff, individuals wanting 1 on 1 counseling will be directed to attend class before being seen individually.

• **Be Well:** Provides information about fitness, nutrition, overall mental health, and an exercise regimen. This class also allows the students to participate in a hands on work out session with a certified workout instructor at the Risner Fitness Center.

Stress Management

• **Relaxation/Massage Chairs:** We have 2 massage chairs featuring Shiatsu massage and soothing music. Clients also have access to informational handouts on managing stress and relaxation techniques.

Other Services

• **Blood Pressure Screenings:** Automatic blood pressure machines are located at the Kadena Main Exchange, Family Practice waiting area, and the HAWC. We also have educational pamphlets on obtaining and maintaining a healthy blood pressure. Most of the staff can answer any questions you may have in reference to your blood pressure numbers.

• **Stress Management Course:** Provides education about various life stressors with each session focusing on a different topic such as anger management, time management, relationships, etc., and the importance of managing stress. Courses/topics are presented by a Military Family Life Consultant. Call for more details.

• **Resource Center:** A wide selection of informational pamphlets on topics such as fitness, stress, tobacco cessation, disease prevention and management are available. Videos and books are also available for loan.

• **Exercise Room:** Come check out our exercise rooms and learn the proper ways to use the different types of cardio and muscular strength equipment.

• **Outreaches:** Nutrition and Fitness briefs available for schools, spousal groups, churches on Kadena AB.

• **Bundles for Babies** (Partnership with A&FRC): For expectant mothers and their spouses. Held monthly. A free bundle of baby goodies is given to all pregnant military spouses or members who attend the class.

• **Unit/Commander's Call Preventive Health Briefings:** HAWC staff members are available to provide information and resources pertaining to wellness, disease management, and prevention.