



**RAYMOND W. BLISS ARMY HEALTH CENTER
PATIENT EDUCATION CLASSES (TEL. 533-5668)**

For more information about our programs, call the Health Education Resource Center (HERC). These classes are multidisciplinary and include instructors from Nutrition Care, Physical Therapy, Behavioral Health, and the Pharmacy. Call 533-5668 for more information.

Antagonistic Tension Regulation (ART) A two-week introductory class designed to explore basic stress and anger management information techniques. This class will help people begin to control their stress and anger in work, family, and social settings. The class looks at causes of stress and anger, choices you make when you are angry or stressed, and how to make your stress and anger work for you. We discuss techniques you can begin to learn to assist in managing stress and anger. A follow-up skills class is offered after successful completion of ART. If anyone wants to know, just tell them you are going to your ART class. For an appointment call 538-0625.

Active Duty Weigh to Stay A series of three classes. Class is held in the PMWARS Classroom on the first floor of the health facility (RWBAHC). By referral only. 533 - 5133

Asthma 4th Friday of every month at 1400 in the METS 1 Classroom which is located in the basement of RWBAHC. . Please bring your patient records. Must call 533 - 9200 to reserve your place in a class, however provider referral is not necessary.

Parenting Group This class is designed to focus on helping parents identify and change patterns that are not helpful or effective, while enhancing and supporting what is effective. The goal of the group is to help parents improve their parenting skills, become aware of their children's developmental needs, and use their knowledge to develop effective strategies to manage their children's behavior. From 1130 - 1300, every Wednesday on the 2nd floor of the health facility. Call for an appointment 538-0625.

Diabetes Education The first Thursday of every month at 11:00 in the PMWARS classroom, which is located on the first floor of RWBAHC. A multidiscipline class with representatives from nutrition, pharmacy, and other health disciplines. Please call 533-5133 for more information, a provider referral is not necessary, but you must call to register for the class.

Tobacco Cessation This is a five week series of classes. This class utilizes behavior modification, Zyban (no cost) and social support. The classes are offered in the PMWARS classroom. Call 533-3279 or 533-2246. No provider referral is necessary, but you must call to register.

Pregnancy Physical Training (Active Duty only) Held each Monday, Wednesday, and Friday at Barnes Field house from 0500 - 0700. Must call 533-0575 to register.

Men's Group Men's group is open - ended and designed to address issues of anger, aggressive behavior, self-esteem, and self-identity. The group fosters problem-solving skills and enhanced communication skills. The average length of participation is 3 months. Held each Monday from 0900 - 1030 on the 2nd floor of RWBAHC. For an appointment call 538-0625.

Women's Group Women's group is open-ended and designed to reduce codependency, increase self-esteem and self-definition. It fosters independent thinking and enhanced communication skills. This class is held every Friday from 0900 - 1030 on the 2nd floor for an appointment call 538-0625.

Prenatal Orientation For both active duty and family members. The classes are held each month, twice a month. At 1300 on the 1st and 3rd Tuesday. They last about an hour. The classes are held in the basement of the health facility in the METS 1 classroom. Family members please call 533-7033, Active Duty call 533-0575 to sign up for these classes. Coordinators for these classes are Pat Marshall, R.N., and Marikyn Tokach, R.N.

Self Care/OTC/PPIP Class This class covers advice on how to stay healthy, how to deal with acute minor illness, how to use the health care system, and how to use over-the-counter drugs. Offered each Tuesday at Murr Community Center. No referral or registration necessary. Call 533-2246 or 533-3279.

Military Coping Skills Addresses psychological and physical issues, is both educational and therapeutic in nature. This group is a forum for discussing problems in adjusting to military lifestyle. The goal is for members to develop positive coping skills through interaction with other group members with similar issues and concerns and to obtain guidance from behavioral health professionals. Meets on the second floor of R.W. Bliss Army Health Center in the BHS conference room, each Friday from 1300 – 1400. For information call BHS at 533-5161.

Posttraumatic Stress Disorder Group This group addresses psychological and physical issues and is a forum for discussing posttraumatic stress symptoms related to combat experience or otherwise serving in a wartime environment. Goals include working through past experiences in an attempt to improve current functioning and quality of life through interaction with other group members with similar experiences and obtaining guidance from behavioral health professionals. This group meets on the second floor of R.W. Bliss Army Health Center in the BHS conference room each Wednesday from 0900 – 1030. Please call 533-5161 for more information.

Patient Safety Education This class is given on an as needed basis. Information covered includes patient rights, avoiding medication errors, health literacy, and a variety of important information patients should know to receive the best care possible. For more information please call Sherron Gordon at 533- 8815.

Army Substance Abuse A variety of classes are offered for individuals, leaders, and units. The various classes offer information on substance abuse prevention, stress, work place violence, and the Employee Assistance Program. Please call Vern Hunter at 538-1286 for more information.

Low Back Pain Management Offered on the 1st and 3rd Tuesday of each month at 0800 in METS 1, which is located on the ground floor of the RWBAHC. Covers causes, prevention, and rehabilitation for chronic low back pain. Discusses posture, lifting techniques, body mechanics, etc. Appointments are not necessary, for more information call the Physical Therapy clinic at 533-9102.

Knee Pain Management Offered the 2nd and 4th Tuesday of each month, 0800 in the METS 1 classroom, ground floor of RWBAHC. Discusses anatomy, possible causes, symptoms, prevention, treatment, foot type, and running shoe selection. Appointments are not necessary, for more information call the Physical Therapy Clinic at 533-9102.

Injury Prevention This class is taught on an as needed basis, by request. Please call the Physical Therapy Clinic at 533-9102. All classes taught by the Physical Therapy clinic are available for unit training such as Sergeant's time, in service training, etc. Please request at least 30 days from the time they are to be given.

