

Munson Army Health Center Health Classes

Fun Foods & Fitness Class- Requires PCM Referral

A Registered Dietitian and a Registered Nurse teach this class to overweight kids 6-16 years old. They must be accompanied by their parents for this four- week, one-hour class which promotes healthy weight through lifestyle changes. Learn how to make healthy meals/ snacks and create good physical activity habits. **To schedule an appointment with your PCM to get a Fun Foods & Fitness Class referral, call: Central Appointments (913) 684-6250.**

Healthy Eating for a Healthy Weight Class- Self-Referral

A Registered Dietitian works with Retirees and their Family Members, ages 64 and younger as well as Active Duty Family Members, 18 years of age and older, to teach them healthy lifestyles for safe, effective and long term weight loss. **Please call Nutrition Care Services at (913) 684-6750 for more information on class schedule.**

Weigh To Stay Class (ACTIVE DUTY ONLY)- Requires PCM Referral

A Registered Dietitian and Physical Therapist work with Active Duty Military for weight loss in accordance with AR 600-9. **To schedule an appointment for a referral call: Central Appointments (913) 684-6250.**

Cholesterol Class-Requires PCM referral

It is offered to Active Duty Military, Retirees (64 or younger) and family members. A Registered Dietitian teaches ways to lower cholesterol through the Therapeutic Lifestyle Changes (TLC) Diet. **To schedule an appointment for a referral call: Central Appointments (913) 684-6250.**

Asthma Education Class-Requires PCM referral

Asthma management education is given one-on-one during Asthma Clinic appointments which are offered twice a month on the 1st and 3rd Wednesday of every month. Registered Nurse teaches about asthma symptoms, medications prescribed daily peak flow monitoring, and Asthma Action Plan. For more information, please call Central Appointments at (913) 684-6250 to schedule an Asthma Appointment. **To schedule an Asthma Appointment call: Central Appointments (913) 684-6250.**

Diabetes Class-Requires PCM referral

Class is offered to Active Duty Military, Retirees (64 or younger) and family members and teaches diet, medications, physical activity, and Diabetes Self Management Care to new patients or patients needing a refresher class. A Certified Diabetes Educator, Clinical Pharmacist, Physical Therapist, Registered Dietitian, Registered Nurse, and Mental Health Social Worker present the different educational modules. **To schedule an appointment with your PCM to get a Diabetes Class referral, call: Central Appointments (913) 684-6250.**

Tobacco Use Cessation-

Tobacco Cessation Classes begin 8 JAN 09 and will be held each Thursday 1130-1230 in the Executive Conference Room at Munson Army Health Center. To register for the class or for more information please call 684-6528.

May schedule an Appointment for One-on-One Session with PCM

To schedule an appointment call: Central Appointments (913) 684-6250.

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