


JULY

BJACH Performance Triad Wellness Classes



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Training Holiday	4 	5	6 PPPT Education 0815 BCTC Theater Car Seat Installation 1000-1400 BLD 3516 Fit for Performance (Soldier Weight) 0900-1000 BJACH Classroom 1	7 Self Care Over the Counter Med 0810 Ed Center (click here for class)	8
9	10	11 Pregnancy Nutrition 1400-1500 BJACH Classroom 1 Fit for Performance (Soldier Weight) 0900-1000 BJACH Classroom 1	12 Performance Triad Health Booth 1000-1300 BJACH Heart Healthy Class 1400-1500 BJACH Classroom 1	13 Diabetes Class 0800-1200 BJACH Classroom 1 PPPT Education 0815-0900 BCTC Theater Car Seat Installation 1000-1400 BLD 3516 Fit for Performance (Soldier Weight) 0900-1000 BJACH Classroom 1	14 Self Care Over the Counter Med 0820 Ed Center (click here for class)	15
16	17	18 Fit for Performance (Soldier Weight) 0900-1000 BJACH Classroom 1	19	20 PPPT Education 0815-0900 BCTC Theater Car Seat Installation 1300-1400 BLD 3516 Weigh2Geaux 1300-1600 BJACH Classroom 1 CSF2 MRT: "Assertive Communication" Family/Teen 1800 BLD 924 Lunch Bunch 1130 BLD 920	21 Self Care Over the Counter Med 0810 Ed Center Labor & Delivery Class 0800-0945 Breathing & Relaxation (labor) 1000-1145 Postpartum & Newborn Care 1300-1430 Breastfeeding Basics	21
23	24	25 Fit for Performance (Soldier Weight) 0900-1000 BJACH Classroom 1 Cafeteria Conversation (Performance Triad) Parkway Elementary 1700-1900	26 Performance Triad Health Booth 1000-1300 MAIN PX	27 PPPT Education 0815 BCTC Theater Car Seat Installation 1000-1400 BLD 3516 Fit for Performance (Soldier Weight) 0900-1000 BJACH Classroom 1	28 Self Care Over the Counter Med 0810 Ed Center	29




Breastfeeding Basics OB/GYN/LDRP: (337) 531-3705/3708
Breathing and Relaxation (Labor) OB/GYN/LDRP: (337) 531-3705/3708
Car Seat Safety Installation Session Health Promotion: (337) 531-6880
Diabetes Education Health Promotion: (337) 531-6880
Fit for Performance (Soldier Weight Management): Nutrition Care (337) 531-3129
Fueling for Health-The Basics of Nutrition: Army Wellness Center (337) 531-3055
Healthy Meals in Minutes Class Army Wellness Center: (337) 531- 3055
Healthy Sleep Habits Class Army Wellness Center: (337) 531- 3055
Heart Healthy Nutrition: Nutrition Care (337) 531-3129
Labor & Delivery Class OB/GYN: (337) 531-3705/3708
Newborn Care Class OB/GYN/LDRP: (337) 531-3705/3708

Pregnancy Nutrition: Nutrition Care (337) 531-3129
Pregnancy Post Partum Physical Fitness Education: Health Promotion (337) 531-6880
Retire Strong: Life After the Military: Army Wellness Center (337) 531-3055
Staying Fit Home & Away Class: Army Wellness Center (337) 531-3055
Self Care/Over the Counter Medication Online Class Health Promotion (337) 531-6880
Stress Management Class Army Wellness Center: (337) 531- 3055
Tobacco Cessation Program Health Promotion: (337) 531-6880
"Upping" your Metabolism Class Army Wellness Center: (337) 531- 3055
Weigh2Geaux Weight (beneficiary weight program) Health Promotion: (337) 531-6880
MRT Military and Family Resilience (337) 531-1897 Family/Teen Group & "Lunch Bunch"
[Click here to qualify to request OTC medications without a prescription!](#)

August 2017

BJACH Performance Triad
Wellness Classes



Mon	Tue	Wed	Thu	Fri
	1 Fit for Performance (Soldier Weight) 0900-1000 BJACH Classroom 1	2	3 PPPT Education 0815 BCTC Theater Car Seat Installation 1000-1400 BLD 3516 Fit for Performance (Soldier Weight) 0900-1000 BJACH Classroom 1	4 Self Care Over the Counter Med 0820 Ed Center (click here for class)
7 Tobacco Cessation 1130-1300 Classroom 2	8 Fit for Performance (Soldier Weight) 0900-1000 BJACH Classroom 1	9 Performance Triad Health Booth 1000-1300 BJACH	10 Diabetes Class 0800-1200 BJACH Classroom 1 PPPT Education 0815 BCTC Theater Car Seat Installation 1000-1400 BLD 3516 Fit for Performance (Soldier Weight) 0900-1000 BJACH Classroom 1	11 Self Care Over the Counter Med 0820 Ed Center (click here for class)
	15 Fit for Performance (Soldier Weight) 0900-1000 BJACH Classroom 1	16	17 PPPT Education 0815 BCTC Theater Car Seat Installation 1000-1400 BLD 3516 Weigh2Geaux (Beneficiary Weight) 1300-1600 BJACH Classroom 1 Fit for Performance (Soldier Weight) 0900-1000 BJACH Classroom 1 Super Sign Up (Performance Triad/Wellness Info) 1000-1400 Warrior Community Center CSF2 Resilience: "Effective Praise & Response" Family/Teen 1800 BLD 924 Lunch Bunch 1130 BLD 920 (ACS)	18 Self Care Over the Counter Med 0820 Ed Center Labor & Delivery Class 0800-0945 Breathing & Relaxation (labor) 1000-1145 Postpartum & Newborn Care 1300-1430 Breastfeeding Basics 1445-1600
21	22 Fit for Performance (Soldier Weight) 0900-1000 BJACH Classroom 1	23 Performance Triad Health Booth 1000-1300 Main PX	24 PPPT Education 0815 BCTC Theater Car Seat Installation 1000-1400 BLD 3516 Fit for Performance (Soldier Weight) 0900-1000 BJACH Classroom 1	25 Self Care Over the Counter Med 0820 Ed Center (click here for class)
28	29 Fit for Performance (Soldier Weight) 0900-1000 BJACH Classroom 1	30	31 PPPT Education 0815 BCTC Theater Car Seat Installation 1000-1400 BLD 3516	





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SEPTEMBER 2017



SUN	MON	TUE	WED	THU	FRI	SAT
					1 Training Holiday	2
3	4 	5 Fit for Performance (Soldier Weight) 0900-1000 BJACH Classroom 1	6	7 PPPT Education 0815 BCTC Theater Car Seat Installation 000-1400 BLD 3516 Fit for Performance (Soldier Weight) 1400-1500 Classroom 1	8 Self Care/Over the Counter Med 0820 Ed Center (click here for class)	9
10	11 	12 Fit for Performance (Soldier Weight) 0900-1000 BJACH Classroom 1	13 Performance Triad Health Booth BJACH 1000-1300	14 Diabetes Class 0800-1200 BJACH Classroom 1 PPPT Education 0815 BCTC Theater Car Seat Installation 1000-1400 BLD 3516 Fit for Performance (Soldier Weight)	15 Self Care/Over the Counter Med 0820 Ed Center (click here for class)	16
17	18 	19 Fit for Performance (Soldier Weight) 0900-1000 BJACH Classroom 1	20 	21 PPPT Education 0815 BCTC Theater Car Seat Installation 1000-1400 BLD 3516 Weigh2Geaux Class (Beneficiary Weight) 1300-1600 BJACH Classroom 1 Fit for Performance (Soldier Weight) 1400-1500 Classroom 1 CSF2 MRT Resilience Topic: "Goal Setting" Family/Teen 1800 BLD 924 Lunch Bunch 1130 ACS	22 Self Care/Over the Counter Med 0820 Ed Center Labor & Delivery Class 0800-0945 Breathing & Relaxation (labor) 1000-1145 Postpartum & Newborn Care 1300-1430 Breastfeeding Basics 1445-1600	23
		26 Fit for Performance (Soldier Weight) 0900-1000 BJACH Classroom 1	27 Performance Triad Health Booth Main PX 1000-1300	28 PPPT Education 0815 BCTC Theater Car Seat Installation 1000-1400 BLD 3516 Fit for Performance (Soldier Weight) 1400-1500 Classroom 1	29 Self Care/Over the Counter Med 0820 Ed Center (click here for class)	30

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