

## HEALTH PROMOTION STAFF

### Health Promotion Coordinator

Mr. Jim Martin, BSHA, MM

940.676.5831

### Health Promotion Registered Dietitian

Ms. Saralauren Peacock, MS, RD, LD

940.676.6003

## IMPORTANT REMINDERS

- ◆ All programs/services are **FREE** of charge.
- ◆ Your healthcare provider may refer you to a class, **OR** you may self-refer by calling our office.
- ◆ Please call and register in advance for all classes so that we may plan accordingly.

## HANDY WEBSITES

### Food Recalls

<http://www.fda.gov/Food/default.htm>

### Calorie/Diet Information

<https://www.myfitnesspal.com/>  
<https://www.my-calorie-counter.com/>  
<http://www.heart.org/HEARTORG/>  
<http://www.diabetes.org/>

### Health and Disease Information

<http://www.cdc.gov/>

### Medication Information

<http://www.fda.gov/Drugs/default.htm>

### Operation Supplement Safety

<https://www.opss.org>

### Find us on the Internet

<http://www.sheppard.af.mil/library/medicalcare/index.asp>

### Find us on Facebook

<https://www.facebook.com/AFMS-Sheppard-82d-Medical-Group-365721490202074/?fref=ts>

## **SHEPPARD AIRFORCE BASE**

149 Hart Street, MDG Bldg. 1200  
Sheppard AFB  
Wichita Falls, TX 76311

Phone: 940.676.6003

Phone: 940.676.5831



## HEALTH PROMOTION SERVICES GUIDE

*"Putting HEALTH first in  
Health Care."*



**82d Medical Group**

## **Tobacco Cessation**

Are you thinking about quitting?  
The Freshstart Tobacco Cessation Program can help!

Four 1-hour sessions spread over four weeks designed for quitting tobacco and lifestyle modification!

Learn about nicotine addiction, effects & costs of tobacco, medication therapy and methods to successfully quit using tobacco.

Personalized one-on-one classes designed around your schedule to meet your needs and to combat your habits.



## **Better Body, Better Life**

Join us for our 4 session program designed for healthy weight loss, weight management, and lifestyle modification!



### **LEARN ABOUT**

Nutrient dense foods, proper portion sizes, and ways to help cope with emotional eating.

Sugar, fat, carbs, alcohol, hydration, and stress.

How to make better choices when dining out and dealing with slip-ups.

Meal planning, grocery shopping, proper sleep, and weight plateaus.

## **Outreach Programs**

**Commander Calls** – Let us come to you! We can do 15-30 minute briefs on basic nutrition, performance nutrition, supplement use, and tobacco use.

**Professional Development** – Education for flight chiefs, leaders, or MTL's on fitness, nutrition, supplements, caffeine and tobacco.

**Speaking Engagements** – Have a group that might want to learn more about health promotion? Invite us to speak at your event – many topics are available.

**Private Nutrition Consults** – Spend a little time with our Registered Dietitian to learn about healthy eating habits.

**Commissary Tours** – Not sure how to shop for healthy alternatives? Spend an hour with the Dietitian in the Commissary and learn about healthy shopping and meal planning.

**Bod Pod Assessments** - The gold standard in body composition measurement. Call 940-676-3052 for scheduling.

**Other Outreach Programs** – “Ask Your Dietitian” events, weight loss challenges, cooking classes, walking groups – got another idea? Just ask, we might do that too!