



Awareness & Education

Current Classes & Special Class Request



www.explorationwellness.com

Awareness & Education Classes have concluded for the 2009 Calendar year and will resume in June of 2010. Other wellness classes are available as listed below. Please see the web links for each of these classes.

Nutrition Intervention Program – Evening Nutrition Classes

A variety of nutrition classes are available as part of our Nutrition Intervention Program (NIP).

These classes are offered in the evening and take place at the Gilruth.

You must pre-register for these classes. For a class list and to sign up click here:

[**Nutrition Intervention Program Class Schedule.**](#)

POC: Glenda Blaskey, JSC Registered Dietitian, at 281-244-1503, [RD Email.](#)

Wellness Program Condensed Classes

A subset of the standard A&E Wellness Classes are available for your worksite, team, or event.

For a class list see the A&E Special Topics section or click here:

[**A&E Program Special Topics**](#)

Please email the JSC Wellness Program for more information, [JWP Email.](#)

Wellness Program Behavior Change Classes

Personally tailored Behavioral Change Programs are available by request. These include topics such as weight management, smoking cessation, and other topics as needed.

For information on the Just Lose It weight management class click here:

[**A&E Program Special Topics**](#)

Please contact Rebekah Hart, JSC Behavior Change Specialist, for more information. 281-483-6770, [BCS Email.](#)