

# FORGING THE FUTURE:



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## Friday FACTS

13 October 2000

"Leadership, Partnership, and Championship"

### NAVAL HOSPITAL CORPUS CHRISTI OPENS WORLD CLASS WELLNESS CENTER



Naval Hospital Corpus Christi Health Care System held its long awaited Grand Opening/Ribbon Cutting ceremony and Health Fair for its new Wellness Center Monday September 25<sup>th</sup>. Key areas of focus included breast health, nutrition, back health, physical fitness, mental health, and substance abuse prevention. A variety of community and hospital guest participants, including the American Cancer Society, Foundation Health, Columbia Healthcare System, Senior Friends, Family Services, Pastoral Care, Fitness Center, CAAC, and Dental, offered education and screenings of all types. In alignment with DoD, BUMED, and Population Health 2010 objectives, Naval Hospital Corpus Christi Healthcare System set a strategic goal to "Establish a World Class Wellness Center". To learn more about Corpus Christi's Wellness Center contact CDR Duggan at [cch1chd@cch10.med.navy.mil](mailto:cch1chd@cch10.med.navy.mil).

#### Men's Maintenance Manual



The National Men's Health Foundation has put together a booklet for men! The free guide encourages men

to take better care of themselves and to seek health care sooner rather than later. The manual may be ordered at 800-955-2002 or you may visit the foundation website at [www.nmhw.org](http://www.nmhw.org)

#### Free CDC Tobacco PSA's

The Center for Disease Control and Prevention has a free Tobacco reel Public Service Announcements videotape! They are available to nonprofit agencies and may be shown on closed circuit systems- such as in a waiting room, chow hall, aboard ship! To order one for your command, contact Margaret Jemmott at Cygnus at [cdt7@cdc.gov](mailto:cdt7@cdc.gov) or 301-231-7537x234.

#### Tobacco at Camp LeJeune

Visit the Health Promotion Naval Hospital Camp LeJeune website! <http://lej-www.med.navy.mil/Departments/Health%20Promotion/> The site offers tobacco materials for the facilitator, client/participant, a smokeless flyer, and the results of the School of Infantry Smokeless Tobacco project, as well as other prevention and Health Promotion information!

#### In Memoriam

##### Tony Marshall 1936-2000

Last week our extended NEHC Health Promotion family lost a very special member. Tony Marshall was a Health Educator located at Naval Medical Center, San Diego Health Promotion Department. Tony will continue to live on through the many people he touched and through the many contributions he made to improving the health and well being of Sailors and Marines. God Bless you Tony.

#### Women's Health

The Gynecologic Cancer Foundation has developed an online risk assessment at [www.wcn.org/](http://www.wcn.org/) or they can be contacted at 800-444-4441.

Ease sore muscles with vitamin E, or improve your mood with aromatherapy says the author of *Blended Medicine* Michael Castleman. His book by Rodale, 2000, suggests natural and self care strategies for typical problems.

