



**NAVY ENVIRONMENTAL HEALTH CENTER
POPULATION HEALTH DIRECTORATE
HEALTH PROMOTION DEPARTMENT
620 JOHN PAUL JONES CIRCLE, SUITE 1100
PORTSMOUTH, VA 23708-2103
[HTTP://WWW-NEHC.MED.NAVY.MIL/HP/INDEX.HTM](http://www-nehc.med.navy.mil/hp/index.htm)
(757) 953-0972 OR 0976**

NAVY ENVIRONMENTAL HEALTH CENTER



HEALTH PROMOTION CATALOG



2004

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620 JOHN PAUL JONES CIRCLE, SUITE 1100
PORTSMOUTH, VA 23708-2103
HPCATALOG@NEHC.MAR.MED.NAVY.MIL
(757) 953-0954 OR 953-0976**

Health Promotion Training and Products

NEHC Mission

Ensure Navy & Marine Corps readiness through leadership in prevention of disease and promotion of health.

This catalog includes information on our Health Promotion education programs and product line designed to assist you with your Command Health Promotion Program. We have also included products available from a variety of other government sources.

You can find additional resources on our website:

- ♦ **Ready to use Briefings, Lectures, Power Point Presentations, and Interventions**
- ♦ **Military Policy & Guidance**
- ♦ **Federal, Military and Non Government Links**

Visit us online
www-nehc.med.navy.mil/hp

HEALTH PROMOTION PRODUCTS ORDER FORM

Requester's name/Command:

Phone#:

E-mail:

Mailing address:

ITEM	ORDER #	QUANTITY
PERSONAL TRAINING BOOK	HPBM3	12 (EXAMPLE)

Fax order form to
 Fax: (757) 953-0688 DSN 377
 Navy Environmental Health Center
hpcatalog@nehc.mar.med.navy.mil
ATTN: HP CATALOG
 Phone: (757) 953-0954 OR 0976

HP PRODUCT ORDER NUMBERS		
PRODUCT	ITEM NAME	ORDER #
SELF STUDY GUIDES	SEXUAL PARTNER COUNSELING AND REFERRAL (PCRS)	HPSS1
	SEXUAL HEALTH PRIMER	HPSS2
	NAVY AND MARINE CORPS HIV POLICY	HPSS3
	FREQUENTLY ASKED QUESTIONS ABOUT TARGETED CONDOM ACCESS FOR DISEASE AND UNPLANNED PREGNANCY PREVENTION	HPSS4
COMPACT DISCS	HEALTH PROMOTION STARTER KIT	HPCD1
	SHARP TOOLBOX	HPCD2
	FORCE HEALTH PROTECTION: NUTRITION AND EXERCISE RESOURCE MANUAL AND PEAK PERFORMANCE THROUGH NUTRITION AND EXERCISE	HPCD4 HPBM1 (HARDCOPY)
BOOKLETS/MANUALS	ASSESSING PROGRAMS FOR INJURY/OCCUPATIONAL ILLNESS PREVENTION PRACTICES & INITIATIVES	HPBM2
	THE US NAVY PERSONAL TRAINING PLAN BOOKLET	HPBM3
	THE NAVY AND MARINE CORPS WELLNESS CENTER IMPLEMENTATION MANUAL	HPBM4
	VIDEOS	SEXUAL RESPONSIBILITY
	HIV LEGACY	HPV2
	LIBERTY BRIEF	HPV3
	RESPONSIBLE SEXUAL BEHAVIOR	HPV4
	RESPONSIBLE PARENTING—GIVE YOURSELF A CHANCE	HPV5
	CHART A SAFE COURSE FOR SEXUAL RESPONSIBILITY	HPV6
	THE 5 A DAY FOR BETTER HEALTH PROGRAM	HPV7
POSTERS	FLEET SERIES	HPP1
	PERSONAL SERIES	HPP2
	SHORE SERIES	HPP3
	STRIPE SERIES	HPP4

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**THE FORTY-FOURTH NAVY OCCUPATIONAL HEALTH
AND PREVENTIVE MEDICINE CONFERENCE
FEBRUARY 12-18, 2004**



VIRGINIA BEACH OCEANFRONT

VIRGINIA BEACH, VIRGINIA

**The theme for this year's workshop is
"Naval Medicine as a Defensive Weapons System."**

A variety of topics aimed at prevention
the key element of Force Health Protection
essential to maintaining a Healthy and Fit Force and
minimizing casualties in both
deployed and non-deployed environments.

Program information will be available as a link from the
NEHC homepage. Look for these two tracks:

- HP
- CLINICAL EPI

The Workshop Homepage contains program specifics
("Find a Course,") detailed registration information, the
official Workshop Registration and Course Selection
Forms, lodging information, the official Hotel Reservation
Form, etc.

To register:
www-nehc.med.navy.mil/Workshop05/home.htm



NKO is designed to provide sailors with access to training in-
formation, including instructional materials, best practices, and
subject matter expertise for specific ratings and leadership
roles. It is an integrated delivery system for learning, person-
nel development and knowledge management.

The section "MY Health" of NKO was developed by NEHC's
Health Promotion Program and takes a look at the following
lifestyle behaviors:

Tobacco Use & Cessation
Nutrition
Drug & Alcohol Abuse Prevention
Physical Fitness
Sexual Health
Stress Management
&
Suicide Prevention

In addition, you will find health related Newsletters &
Bulletins, Naval Medicine links, a section "Health News You
Can Use", and a wide variety of other health related
resources.

Our goal is to help individuals achieve healthier
lifestyles and behaviors.

Log on "MY Health"
www.nko.navy.mil



NEHC HEALTH PROMOTION WEBSITE

Health Topics

- Alcohol & Drug Abuse Prevention
- Clinical Practice Guidelines/Preventive Services
- Clinical Epidemiology/Preventive Services
- Health Risk Assessment
- Nutrition/SHIPSHAPE (Weight Management)
- Physical Fitness/Injury Prevention
- Population Health
- Sexual Health & Responsibility (SHARP)
- Stress Management
- Suicide Prevention
- Tobacco Cessation

Training

- Health Promotion Basics Course
- Health Promotion Director Training Course
- Occupational Health & Prev. Med Conference
- Epidemiology Training
- Sexual Health and Responsibility (SHARP)
- Tobacco Cessation Training

Products/Publications

- 2004 National Health Observances
- Health Risk Assessments
- Health Promotion Logos
- Ideas & Innovations from the Field
- Instructions/Links /Newsletters
- Reserve Resources
- Health Promotion Award Information

Visit our website
[Http://www-nehc.med.navy.mil/hp](http://www-nehc.med.navy.mil/hp)

Health Promotion Director (HPD) Course LITTLE CREEK, VA

Description: 31/2-day course offers valuable information regarding the planning, implementation, and evaluation of an effective Health Promotion Program. Additional information related to Navy Health Promotion and Marine Corps Semper Fit Programs is included in the course.

Target audience: Health Promotion staff at the Medical Treatment Facilities (MTFs), Semper Fit Coordinators, and individuals assigned as Health Promotion Coordinators at fleet commands (Military members E-7 and above, or DoD Civilians GS-9 and above).

CEUs: Physician, Nurse, CHES, and IDC credits currently under revision. Other professional groups need to contact their own respective professional organizations to determine CEU requirements.



Course Topics

- Program Planning
- Marketing Strategies
- Behavior Change
- Needs Assessment
- Evaluation Strategies
- Business Planning
- Program Identity
- Successful Models
- Command Support
- Maximizing Participation
- Navy & USMC Specific HP Program Information

For course schedule:
www-nehc.med.navy.mil/hp/tc/hpd.htm

HEALTH PROMOTION (HP) BASICS

Description: 2-day course designed for Health Promotion Coordinators at military commands. Provides the participants the tools needed to plan, implement, and evaluate an effective command Health Promotion Program.

Target audience: Enlisted (E-5- through E-8) and officers (O-1 through O-3). Completion of this course fulfills the training requirement for the *Force Commander Annual Health Promotion Unit Award ("Green H")* and the *NEHC Award for Command Excellence in Health Promotion* for Fleet, Shore-based and Reserve Commands. The course is offered at many locations Navy wide by trained instructors

CEUs: Nurse-14 contact hrs; IDC-14.5 contact hours; CHES-10.8 CEUs; other professional groups need to contact their respective professional organizations to determine CEU requirements.

For course schedule:
<http://www-nehc.med.navy.mil/hp/tc/hpd.htm>

HP Basics Course (Self-Study) is available on-line courtesy of



For more info log on www.swankhealth.com & click on "Military Section", then "Homeland Security", then HP Basics

HEALTHY PEOPLE 2010: UNDERSTANDING AND IMPROVING HEALTH

History of the initiative, the model on which Healthy People 2010 is based, how to use Healthy People 2010 as a systematic approach to health improvement, and the Leading Health Indicators. For more information call 1-800-367-4725.



Access Healthy People 2010 documents online, visit <http://www.health.gov/healthypeople/>

5 A Day Products

NATIONAL CANCER INSTITUTE 5 A DAY MATERIALS

Limited quantities of 5 a Day materials are available through the NCI's Cancer Information Service. Shipping and handling charges apply to orders of quantities larger than 20 or more.

To order call 1-800-4 CANCER or NCI Publications Locator
<https://cissecure.nci.nih.gov/ncipubs/>

2004 HEALTH OBSERVANCES CALENDER Days, weeks, or months devoted to promoting particular health concerns. This calendar lists selected health observances for 2004 in three ways: the calendar shows days and weeks, and both the text listings and the "At a Glance" sheet show monthly health observances as well. Source: National Health Information Center, Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, Wash, DC.

To download
www.healthfinder.gov/library/nho/nho.asp

NO DIPS AND/OR BUTTS

A very, very unofficial 40 page military manual to help with the cessation of quitting smoking and dipping.



Download at

http://www-nehc.med.navy.mil/downloads/hp/NO_DIPS.pdf



SHIPSHAPE An 8-week program designed to help individuals achieve a healthy weight. Programs are coordinated and facilitated by HP Department at local MTFs. Targeted to military members who do not meet body composition standards or those at risk of failing standards. Commands interesting in offering a SHIPSHAPE program should contact the NEHC SHIPSHAPE Coordinator.

For more information

<http://www-nehc.med.navy.mil/hp/shipshape/index.htm>

MEDICAL INFORMATICS TRAINING

Description: Basic informatics 5-day course teaches epidemiology skills of locating & extracting data, developing local databases, identifying the population, and developing methodologies to query the databases.

Target audience: Navy clinical epidemiologists.

CMEs: Physician and Nurse credits TBD.

For additional information and quota requests contact
Clinical-Epi@nehc.mar.med.navy.mil

PATIENT CENTERED PREVENTION COUNSELING COURSE

Description: A 2-day skills training course for health care providers and counselors that increases patients' ability and willingness to adopt healthier behaviors and comply with medical regimens.

Target audience: Health care providers and counselors.

CEU/CMEs: Physician-11 contact hours; Nurse-13; IDC-14 CEUs; other groups need to contact their own respective professional organizations to determine CEU requirements.

For additional information and quota requests contact
Clinical-Epi@nehc.mar.med.navy.mil

FUNDAMENTALS OF HIV/STD PREVENTION COUNSELING COURSE

Description: 2-day course provides the skills needed to help patients identify their risks, understand their options, and develop a plan to reduce risk of re-infection.

Target audience: Clinicians, Nurses, IDCs, PMTs, Preventive Medicine Representatives and Health Promoters.

CEUs: For details log on http://www-nehc.med.navy.mil/downloads/hp/ceu_list.pdf



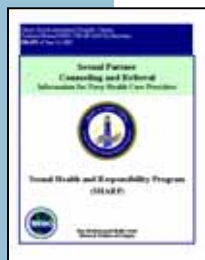
For course schedule
[Http://www-nehc.med.navy.mil/downloads/hp/sharp_training_sched.pdf](http://www-nehc.med.navy.mil/downloads/hp/sharp_training_sched.pdf)

SEXUAL PARTNER COUNSELING AND REFERRAL

Description: 5 hour course teaches how to work with STD patients to bring their sexual partners to treatment.

Target audience: Clinicians, Nurses, IDCs, PMTs, Preventive Medicine Representatives, and Health Promoters.

CEUs: For details log on http://www-nehc.med.navy.mil/downloads/hp/ceu_list.pdf
 Recommended pre-requisite: **Self-study version** downloaded from the SHARP website or ordered hard copy. **Order # HPSS1**



For course schedule
[Http://www-nehc.med.navy.mil/downloads/hp/sharp_training_sched.pdf](http://www-nehc.med.navy.mil/downloads/hp/sharp_training_sched.pdf)

ADDITIONAL PRODUCTS

FLEET HRA/LIFESTYLE SELF-ASSESSMENT

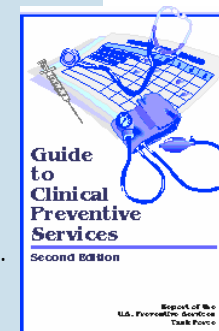
A software tool developed by the NEHC and Naval Medical Information Management Center (NMIMC). This 20-item lifestyle assessment for operational Navy and Marine Corps forces examines behaviors associated with Leading Health Indicators. The Fleet HRA is a web-based, anonymous assessment that produces both individualized Participant Reports as well as Commanders' Group Reports.



For more information
http://www-nehc.med.navy.mil/hp/Clin_Epi/Lifestyles.htm

THE GUIDE TO CLINICAL PREVENTIVE SERVICES

Provides the latest available recommendations on preventive interventions: screening tests, counseling, immunizations, and medication regimens for more than 80 conditions. The Third Edition, 2000-2003, updates recommendations from the Second Edition and evaluates new topics. Reviews and recommendations are released when completed. These recommendations are made by the U.S. Preventive Services Task Force (USPSTF).



View online
<http://odphp.osophs.dhhs.gov/pubs/guidecps/>

THE US NAVY PHYSICAL FITNESS POSTERS

The four poster series promotes the three components of physical fitness: cardiovascular, muscular strength and endurance, and flexibility. The posters are 18" x 24" and are suitable for framing.



Fleet Series Order # HPP1



Personal Series Order # HPP2



Shore Series Order # HPP3



Stripe Series Order # HPP4

**AMERICAN RED CROSS
"HIV-AIDS INSTRUCTOR" COURSE**



Description: 3-day course teaches how to conduct group lectures on HIV-AIDS prevention.

Target audience: All hands

CEUs: Certified as RED CROSS HIV Instructors.

For course schedule
[Http://www-nehc.med.navy.mil/downloads/hp/sharp_training_sched.pdf](http://www-nehc.med.navy.mil/downloads/hp/sharp_training_sched.pdf)

**FREQUENTLY ASKED QUESTIONS ABOUT
TARGETED CONDOM ACCESS FOR DISEASE AND
UNPLANNED PREGNANCY PREVENTION**

Description: The SHARP "Frequently Asked Questions about Targeted Condom Access for Disease and Unplanned Pregnancy Prevention" is available in hardcopy or on-line at <http://www-nehc.med.navy.mil/downloads/hp/condomaccess.pdf>

Order # HPSS4



For additional information
<http://www-nehc.med.navy.mil/hp/sharp/index.htm>

SELF-STUDY GUIDES

SEXUAL PARTNER COUNSELING & REFERRAL COURSE

Order # HPSS1 –SEE PAGE 8 FOR DETAILS

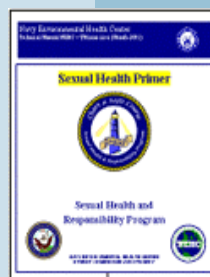
SEXUAL HEALTH PRIMER

Description: Covers the impact of STDs and unplanned pregnancy; risk reduction; unplanned pregnancy; HIV testing; options for risk reduction; male and female condoms; talking to teens about sexual responsibility; family planning.

Target audience: Clinicians, Nurses, IDCs, PMTs, Preventive Medicine Representatives, and Health Promoters.

CEUs: For details log on http://www-nehc.med.navy.mil/downloads/hp/ceu_list.pdf

Order # HPSS2



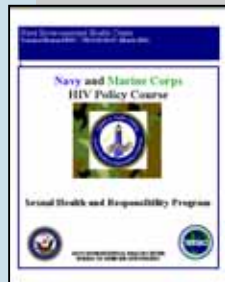
MARINE CORPS HIV POLICY

Description: Self-study course that explains DoD/DoN policy regarding HIV.

Target audience: Clinicians, Nurses, IDCs, PMTs, Preventive Medicine Representatives, and Health Promoters.

CEUs: For details log on http://www-nehc.med.navy.mil/downloads/hp/ceu_list.pdf

Order # HPSS3



Download at

[Http://www-nehc.med.navy.mil/downloads/hp/sexual_health_primer.pdf](http://www-nehc.med.navy.mil/downloads/hp/sexual_health_primer.pdf) or order from catalog

THE 5 A DAY FOR BETTER HEALTH PROGRAM (15:30)

NAVAL SCHOOL OF HEALTH SCIENCE (NSHS) (1999) The 5 A Day For Better Health Program is an ongoing National Nutrition Program with a simple, positive message to eat 5 or more servings of fruits and vegetables every day for better health.

Order # HPV7

NAVY SUICIDE PREVENTION VIDEO-SUICIDE AWARENESS: MAKING THE CRITICAL DECISION (14:30)

Center for Personal Development (2003) This award winning video provides the latest GMT training on suicide awareness and prevention for the Navy! Identifies warning signs of suicide, what to do-"AID LIFE", and how to help shipmates in distress!

To order
Gmt.distribution@cnet.navy.mil

POSTERS

NAVY TOBACCO CESSATION POSTERS

Color 8 1/2 x 11

40 different awareness posters to choose from to promote a tobacco free Navy!



Download at

http://www-nehc.med.navy.mil/hp/tobacco/Tobacco_poster.htm

VIDEOTAPES

SEXUAL RESPONSIBILITY (14:00) CNET (1999)

Featuring Navy personnel and the consequences, both medical and social, of risk-taking sexual behavior.

Order #HPV1

HIV LEGACY (15:00) Naval Research Center (1994)

Three HIV-positive Navy personnel relate how being HIV-positive has affected their lives. They encourage others make better choices in their sexual behavior.

Order #HPV2

LIBERTY BRIEF (16:20) Naval Research Center (1994)

The video portrays male Marines during their shipboard deployment, while on liberty drinking and having contact with prostitutes. Implies that HIV/STD is a leadership issue and that there is a strong association of drinking to risk-taking behavior.

Order #HPV3

RESPONSIBLE SEXUAL BEHAVIOR (18:09) CNET (2002) Focuses on the negative consequences of sexual behavior and individual responsibility for preventing them.

Order #HPV4

RESPONSIBLE PARENTING—GIVE YOURSELF A

CHANCE (23:22) CNET (1999) Focuses on the consequences of pregnancy and parenting in the Navy and Marine Corps.

Order #HPV5

CHART A SAFE COURSE FOR SEXUAL

RESPONSIBILITY (27:00) CNET (2003) Interaction between a Sailor and health care professionals focuses on reducing risk and referring sexual partners for treatment.

Order #HPV6

NEWSLETTERS

FRIDAY FACTS

Description: Weekly updates for Navy Health Promotion & Population Health and Marine Corps Semper Fit programs, National Health Observances information and training opportunities, etc.

Target audience: Health Promotion and Marine Corps Semper Fit Coordinators and Directors.



To subscribe
FridayFacts-request@nehc.mar.med.navy.mil

SHARPNews

Description: Regularly published newsletter updating the Sexual Health and Responsibility Program (SHARP), including various SHARP issues and other prevention news.

Target audience: SHARP Leaders/Instructors, health educators, preventive medicine technicians, and other health staff.

To subscribe
SHARPNews-request@nehc.mar.med.navy.

QUIT TO WIN NEWSLETTER

Description: Regularly published tobacco cessation resources and information updates.

Target audience:

Tobacco Cessation Facilitators, Health Promotion Coordinators, entire Health Care Team.



To subscribe
QuitToWin-request@nehc.mar.med.navy.mil

COMPACT DISCS

HEALTH PROMOTION STARTER KIT

Designed for new HP Coordinators the NEHC Navy Health Promotion Starter Kit includes many of the materials and resources that are needed to start a command Health Promotion Program to include:

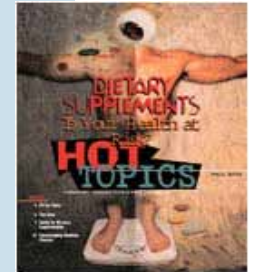
- DoD and Navy Health Promotion Instructions
- Navy and Marine Corps Health Promotion programs and awards criteria
- Military and Civilian Health Promotion Program Resources



Order # **HPCD1**

DIETARY SUPPLEMENTS: IS YOUR HEALTH AT RISK??

A guide that reviews performance enhancing products and their expected/claimed benefits. *Produced and distributed by the United States Army.* Helpful hint: Click on Public affairs, then click Soldiers icon then hot topics.



Order from:
www.army.mil

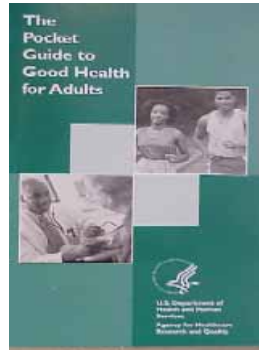
PERFORMANCE POWER.THE NUTRITION CONNECTION (PPNC)

Is a Tri-Service nutrition education package. *Developed by the United States Army Research Institute for Environmental Medicine and distributed throughout the Department of Defense by the United States Army Center for Health Promotion and Preventive Medicine.*

Contains seven modules. Each module consists of one videotape, an instructor manual, and a participant manual. Additionally, there is a table tent series designed to enhance awareness of key performance nutrition messages. PPNC materials are free to military units.



Order from:
chppm-www.apgea.army.mil/dhpw/Wellness/PPNC/



THE POCKET GUIDE TO GOOD HEALTH FOR ADULTS

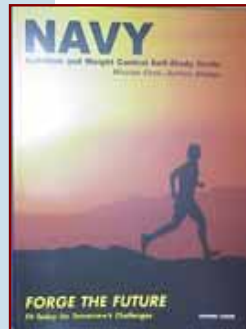
The Agency for Healthcare Research and Quality's booklet for health care consumers. This guide updates the Put Prevention Into Practice program's *Personal Health Guide* and is based on the most current research-based recommendations from the U.S. Preventive Services Task Force. Small quantities available free.

Order from:
www.ahrq.gov or 1-800-358-9295

NAVY NUTRITION AND WEIGHT CONTROL SELF STUDY GUIDE

This guide is primarily a weight management educational tool that incorporates all aspects of losing weight safely and effectively. Using this guide in combination with your command's physical conditioning program will assist members in reaching their personal goals.

Order through Navy Supply System Stock Number 0500LP98780



Order from:
www.nll.navsup.navy.mil

SHARP TOOLBOX Contains all the professional resources available from the SHARP website to include:

- Policies, Guidance & Objectives
- SHARP Instructor Education & Training
- Presentations & Videos
- SHARP Publications & Resources
- CDC Guidelines

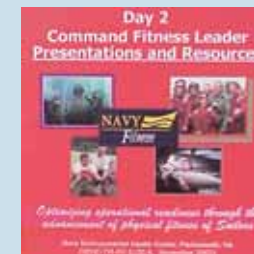


Order #HPCD2

U.S NAVY COMMAND FITNESS LEADER RESOURCES

Designed for Command Fitness Leaders, includes resources and fully scripted ready to use PowerPoint presentations on:

- Sports, Exercise & Recreational Injury Prevention
- Nutrition Basics
- Sports Nutrition for Performance
- Weight Management/U.S. Navy SHIPSHAPE Program
- Impact of Physical Activity on U.S. Navy Readiness
- Exercise Program Design
- Physical Conditioning in Confined Spaces



Order # HPCD3

FORCE HEALTH PROTECTION: NUTRITION & EXERCISE RESOURCE MANUAL AND PEAK PERFORMANCE THROUGH NUTRITION & EXERCISE MANUAL

These resources are specifically tailored to address the physical fitness & nutrition requirements of Navy Personnel. Developed by Uniformed Services University. Manual can also be downloaded from the internet at both the Uniformed Services University of the Health Sciences <http://www.usuhs.mil/siteindex.html> and NEHC Websites.



Order #HPBM2 (Hardcopy)
Order #HPCD4

THE US NAVY PERSONAL TRAINING PLAN BOOKLET

Provides exercise guidelines for the three components of physical fitness: cardiovascular, muscular strength and endurance, and flexibility. A component of the Physical Fitness Enhancement Initiative by NEHC. It was developed in cooperation with the Cooper Institute for Aerobics Research; Dallas, Texas. Booklet is 4" x 5"



Order #HPBM4

BOOKLETS/MANUALS

ASSESSING PROGRAMS FOR INJURY/OCCUPATIONAL ILLNESS PREVENTION PRACTICES & INITIATIVES

A guide to assess and shape injury prevention practices and initiatives across the DOD. May serve as a tool for developing new programs as well as evaluating existing programs.

#HPBM3



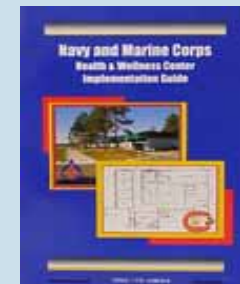
DON SUICIDE PREVENTION MANUAL A 28-page handbook that offers information on suicide, prevention tips, FAQs and a lesson training guide.

Download at

<http://www-nehc.med.navy.mil/downloads/hp/manual.pdf>

THE NAVY AND MARINE CORPS WELLNESS CENTER IMPLEMENTATION MANUAL

Guide to assist in the development, design, and implementation of Navy and Marine Corps Wellness Centers. Developed to be a working model that may be utilized indefinitely as the need arises for additional centers within the Navy and Marine Corps. It provides a step-by-step, user friendly, critical path identifying not only "what to do" when implementing a comprehensive wellness program, but also "how" to do it.



Order #HPBM5