Health Education Services
It's YOUR health, OWN it!!

2012 Wellness Calendars

Call us TODAY to request your CSC 2012 Wellness Calendar!! We'll drop it in plant mail (while supplies last).

Schedule a Presentation

We'd be happy to join your workgroup to present a health topic...visit the Presentations & Trainings page on our website for a list of topics, or request a special topic.

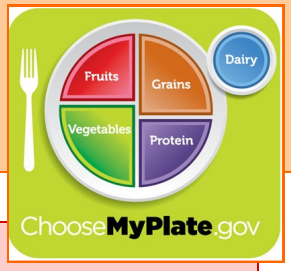
WorkFit Leader Training

We host a monthly training for WorkFit Leaders at the HAMMER facility. Classes are the first working Friday of the Month, 7:30-9:30am. Please RSVP

Host a Health Fair

We can visit your building to host a Health Fair that will include screenings for blood pressure, weight & body composition, and grip strength, and offer a variety of health education, as well as the opportunity to ask questions or schedule individual health coaching appointments.

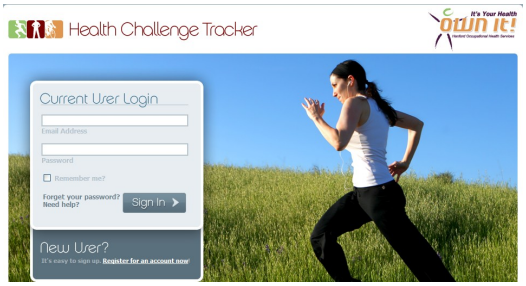
Host a 5-Week Nutrition Class



We can set up a 5 week Nutrition Basics class to meet at your workgroup. We offer 30 or 60 minute classes (1 day per week for 5 weeks).

Health Challenges

Join our health challenges at www.amhchallengetracker.com to have fun and compete for prizes. You can create a team and motivate your workgroup.



Be a Health Champion

Would you like to receive our e-mails and announcement so that you can help us spread the word of newsletters, upcoming classes, and events? Request to be on our distribution list by e-mailing us at ahew@rl.gov

Safety Meeting Toolkits

Need to present a health topic at your next meeting? Let us do the work! Visit our Safety Meeting Toolkit page on our website (Under Training & Events) for presentations and handouts on a wide variety of topics that you can share with your group.

Weight Loss Convoy

This class is designed for Hanford employees with 100 or more pounds to lose. We meet every Tuesday afternoon for 48 weeks. The next class will begin in January 2013. Call for more information.

Tobacco Cessation

We teach a 10-week class twice per year, or can meet one-on-one at any time to address tobacco dependence. Nicotine Replacement Therapy is provided to participants of our 10-week program at no cost!

Kelly Harnish, MCHES
Health Education Specialist

Give us a call!! We're here to help!

Veronica Whitish, MS, CES
Health Education Specialist

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HPMC Occupational Medical Services

It's Your Health own it! Hanford Occupational Health Services