

# HEALTH CLASSES

## Provided by U.S. Naval Hospital Guam



*These classes are available to TRICARE beneficiaries.*

**Issued: February 2026**

**Anger Management: (offered upon request)** This single session class discusses the causes of anger and provides a four-step process for preventing and dealing with it. Participants are provided opportunities during the class to practice the techniques it provides. Call 671-344-9124 to schedule. ***(This class can be provided to a group at other locations upon request.)***

**Blue Zones: (offered upon request)** This single session class provides information on the four places in the world whose inhabitants live longer than anywhere else. It explains the nine behaviors practiced by Blue Zone people which account for their longevity and offers suggestions regarding how participants can apply these practices to their lives. Call 671-344-9124 to schedule. ***(This class can be provided to a group at other locations upon request.)***

**Breastfeeding Basics:** A two-hour interactive class designed to prepare expectant parents with the knowledge and confidence to begin breastfeeding successfully. Participants will learn how milk production works, how to achieve a comfortable latch, different feeding positions, and recognizing baby's hunger and fullness cues. This class also covers what to expect in the first few days and weeks with common challenges and which to seek medical care for vs using self-care solutions. An overview of pumping, milk storage, breastfeeding support resources is provided. This class is inclusive of partners/support people and emphasizes practical skills, evidence-based information and building a strong foundation for breastfeeding. Class size is limited. Please call the OB clinic to schedule: 671-344-9775.

**Childbirth Education – What to Expect:** A walking tour of MBU in conjunction with two-hour interactive prenatal class designed to prepare expectant parents for labor, birth, and early postpartum recovery. The class reviews stages and signs of labor and when to go to the hospital. Participants will learn about comfort measures, coping strategies, and medical and non-medical pain management options. The class discusses the roles of supporting people, common interventions, and how to communicate preferences with the care team. Emphasis is placed on informed decision making, realistic expectations, and building confidence for the birth experience. This class is inclusive of partners/support people. Class size is limited. Please call the OB clinic to schedule: 671-344-9775

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**Diabetes Class: (offered weekly)** Provides essential information on diabetes self-care management. Topics include understanding diabetes, related labs for diabetes management, management of high blood glucose and low blood glucose, sick day management, stress management, goal setting, healthy eating, being active, self-blood glucose monitoring, long term complications, and self-care tips. Beneficial for everyone who wants to learn more about diabetes and self-care management. To sign up or ask questions about the class: call 671-344-9222, then press 1 when you hear the recorded message.

**Food Safety Training: (scheduled quarterly or more often on a case-by-case basis)** Food safety training is required for personnel preparing or serving food for sale on DOD installations. This includes food facilities, special events, fundraisers, and temporary food permits. Staff Food Safety Training is a four-hour course required annually. Food Safety Manager's Course is for two days, and the certificate is valid for five years. Call the Preventive Medicine Department to request the class schedule: 671-344-9787.

**For Ladies Only / For Men Only (both offered upon request)** Each of these is a separate one-hour long class which provides an informal but frank discussion on the prevention of sexually transmitted infections and unplanned pregnancies. Call 671-344-9124 to schedule.

**Nicotine (Tobacco) Cessation: (offered upon request)** Individual counseling and classes are available to provide information and strategies for dealing with the issues nicotine (tobacco) users must address to successfully quit using nicotine/tobacco products. Call 671-344-9124 for information and to schedule. ***(This class can be provided to a group at other locations upon request.)***

**Sexual Health and Responsibility Program (SHARP): (offered upon request)** The SHARP class is focused on awareness and prevention of sexually transmitted infections. Call the Preventive Medicine Department to request a class: 671-344-9787.

**Stress Management: (offered upon request)** This class provides techniques/strategies and materials for both avoiding and coping with stress. Call 671-344-9124 to schedule. ***(This class can be provided to a group at other locations upon request.)***

**Travel Health Program: (offered upon request)** Pre-travel health briefings advise beneficiaries of public health risks and preventive measures to stay healthy while visiting foreign destinations. It also provides information on malaria medications for endemic areas. Call the Preventive Medicine Department to request a brief at least one month prior to travel: 671-344-9787

**Weight Management (Shipshape): (offered upon request)** This class meets once/week for three weeks to provide extensive information on losing weight and keeping it off. It is also offered as the Shipshape class for four weeks for active duty personnel taking it to meet the nutrition education requirement of the Navy's Physical Enhancement Program. Call 671-344-9124 for further information and sign up. ***(This class can be provided to a group at other locations upon request.)***