

# Health and Wellness Programs

## Education Opportunities for TRICARE® North Beneficiaries

Help your patients take control of their health. Health Net Federal Services, LLC offers online programs and telephone-based classes on a variety of topics. Encourage them to visit [www.hnfs.com/go/learningcenter](http://www.hnfs.com/go/learningcenter) to view teleclass schedules and register online or take advantage of the many other health resources we have.



### Heart Healthy Living – August 25

Want to keep your heart healthy? In this class you will learn how the heart works, different types of heart conditions, ways to reduce risk factors for heart disease, and how to live a healthier lifestyle.



### Making Healthy Changes for Life – September 1 and 22

This two-session workshop is interactive and designed to walk you through the skills that will help you with your specific health goals.



### Preparing to Quit Tobacco – August 16

If you are getting ready to quit using tobacco, we can help. This class focuses on the most current techniques and medications to assist you with quitting tobacco successfully.



### The Basics of Depression Management – July 27

Are you interested in learning how to manage your mood? This class focuses on the basics of depression, coping skills, self-management techniques, and how to get help.



### The Essentials of Diabetes Management – July 19

Learn the four cornerstones of diabetes self-management: monitoring, medication, nutrition, and physical activity.



### What You Need to Know About Anxiety – September 28

Are you anxious or worried so often it interferes with your daily life? This class will teach you valuable coping skills and techniques to better manage your anxiety.

**Patients without Internet access can call (916) 985-1694 to register for a class.**

