

Pentagon Fit To Win Program

July 2013 Class Schedule

<u>Day</u>	<u>Class Title</u>	<u>Time</u>
2	Goal Setting for Life w/ MFLC	1100-1200
2	*Quit To Win/Tobacco (1 of 3)*	1200-1300
3	*Weight No More (1 of 2)*	1100-1200
9	*Quit To Win/Tobacco (2 of 3)*	1200-1300
10	Office Work-Out	1000-1100
10	*Weight No More (2 of 2)*	1100-1200
11	Diabetes Management	0830-1000
11	Debrief/Exercise Orientation	1000-1100
11	Prevent Running Injuries	1100-1200
16	Why Do I Hurt?	1100-1200
16	*Quit To Win/Tobacco (3 of 3)*	1200-1300
17	Blood Pressure Management	1100-1200
18	Debrief/Exercise Orientation	1000-1100
18	Meal Planning	1100-1200
22	Cholesterol Management	1100-1230
23	Understanding Heart Disease	1100-1230
24	Fitness Over Fifty	1100-1200
24	Prevent Running Injuries	1200-1300
25	Diabetes Management	0830-1000
25	Debrief/Exercise Orientation	1000-1100
30	Why Do I Hurt?	1100-1200
30	Mindful Eating	1200-1300
31	Sports Nutrition	1100-1200

Call 692-8898 to register for FTW classes

Provider Referrals for the Shoe clinic and/or Posture Analysis must attend the PRI and/or the "Why Do I Hurt?" class b4 scheduling an appointment.

***Denotes that the classes must be attended in order (no exceptions)**

Note: Debrief class has moved to Thursdays due to the furlough

All military & civilian employees assigned to the Pentagon are eligible to attend Fit To Win classes.