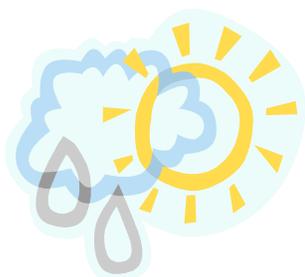
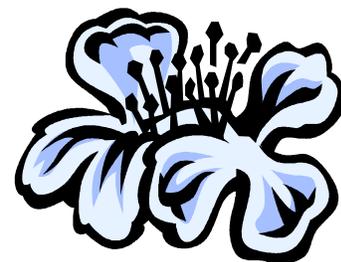


# PENTAGON FIT TO WIN PROGRAM



## APRIL 2016 Class Schedule



<u>Day</u>	<u>Class Title</u>	<u>Time</u>
4	Healthy Heart	1100-1200
12	Eat More, Weigh Less	1100-1200
18	Healthy Heart	1100-1200

### *Healthy Heart (Cholesterol/Hypertension)*

Learn about the correlation between diet and high cholesterol and/or hypertension. Receive up to date information on the roles of anti-oxidant vitamins, omega-three fatty acids, monounsaturated fats, fiber and their effect on your blood lipids.

### *Eat More, Weigh Less*

Develop sustainable eating habits that feel more like dining than dieting. Learn to use time-tested nutrition fundamentals and emerging research to create an eating pattern that works for you.

**Call 692-8898 to register for FTW classes**

**The smoking cessation and healthy sleep classes have been discontinued. However, participants can schedule 1 on 1 appointments with the Nurse Educator to discuss these issues.**