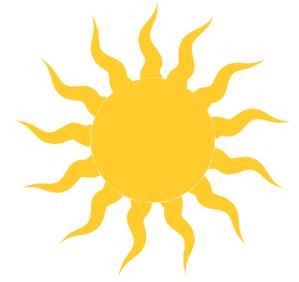
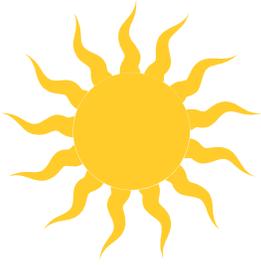


Pentagon Fit To Win Program



June 2015 Class Schedule

<u>Day</u>	<u>Class Title</u>	<u>Time</u>
3	Behavior 4 Weight Management	1100-1200
3	*Quit To Win/Tobacco (1 of 3)*	1200-1300
9	Why Do I Hurt?	1100-1200
9	Preventing Running Injuries	1200-1300
10	Nutrition 4 Weight Management	1100-1200
10	*Quit To Win/Tobacco (2 of 3)*	1200-1300
12	Working Mom's Lunch and Learn	1100-1200
15	Healthy Heart	1100-1200
17	Exercise 4 Weight Management	1100-1200
17	*Quit To Win/Tobacco (3 of 3)*	1200-1300
19	Healthy Sleep Patterns	1100-1200
22	Diabetes Management	0930-1100
23	Meal Planning	1100-1200
29	Healthy Heart	1100-1200

Call 692-8898 to register for FTW classes

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

***Classes in blue are Weight Management classes *Classes in red are heart healthy classes**
***Classes in green are general education classes**

All Military & civilian employees assigned to the Pentagon are eligible to attend Fit To Win Classes