



Pentagon Fit To Win Program



June 2014

Class Schedule

<u>Day</u>	<u>Class Title</u>	<u>Time</u>
4	OTSG Physical Activity & Weight Loss	1100-1200
4	*Quit To Win/Tobacco (1 of 3)*	1200-1300
5	Diabetes Management	0930-1100
6	Debrief/Exercise Orientation	1000-1100
9	Understanding Heart Disease	1100-1230
10	Why Do I Hurt?	1100-1200
10	Prevent Running Injuries	1200-1300
11	OTSG Nutrition for Weight Mgmt.	1100-1200
11	*Quit To Win/Tobacco (2 of 3)*	1200-1300
13	Debrief/Exercise Orientation	1000-1100
16	Mindful Eating	1100-1200
17	Sleep Hygiene (call 692-8917 to register)	1130-1230
18	OTSG Improving Sleep Habits	1100-1200
18	*Quit To Win/Tobacco (3 of 3)*	1200-1300
19	Diabetes Management	0930-1100
20	Debrief/Exercise Orientation	1000-1100
23	Why Do I Hurt?	1100-1200
23	Prevent Running Injuries	1200-1300
24	Cholesterol Management	1100-1230
25	Metabolism Myths and Methods	1100-1200
26	Blood Pressure Management	1100-1200
27	Debrief/Exercise Orientation	1000-1100

Call 692-8898 to register for FTW classes

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

***Denotes that the classes must be attended in order (no exceptions). The Performance Triad classes will replace the Weight Mgmt. class for June**