



Pentagon Fit To Win Program



February 2014 Class Schedule

<u>Day</u>	<u>Class Title</u>	<u>Time</u>
3	Understanding Heart Disease	1100-1230
4	Blood Pressure Management	1100-1200
4	Prevent Running Injuries	1200-1300
5	*Weight No More (1 of 2)*	1100-1200
5	*Quit To Win/Tobacco (1 of 3)*	1200-1300
6	Diabetes Management	0930-1100
8	Debrief/Exercise Orientation	1000-1100
10	Cholesterol Management	1100-1230
11	Why Do I Hurt?	1100-1200
11	Fitness Over Fifty (50)	1200-1300
12	*Weight No More (2 of 2)*	1100-1200
12	*Quit To Win/Tobacco (2 of 3)*	1200-1300
13	Sleep Hygiene (PERS/EAP class)	1100-1200
14	Debrief/Exercise Orientation	1000-1100
18	Prevent Running Injuries	1200-1300
19	Mindful Eating	1100-1200
19	*Quit To Win/Tobacco (3 of 3)*	1200-1300
20	Diabetes Management	0930-1100
20	Meal Planning	1100-1200
21	Debrief/Exercise Orientation	1000-1100
24	Office Work-Out	1100-1200
25	Why Do I Hurt?	1100-1200
28	Debrief/Exercise Orientation	1000-1100

Call 692-8898 to register for FTW classes

Provider referrals for the shoe clinic and/or a movement/posture analysis must attend the PRI class and/or the "Why Do I Hurt?" class b4 receiving an appointment.

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

Call 692-8917 to register for the Sleep Hygiene class

Meal Planning class has moved from 18 Feb. to 20 Feb.

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

Call 692-8898 for assistance