



Pentagon Fit To Win Program

February 2016
Class Schedule



<u>Day</u>	<u>Class Title</u>	<u>Time</u>
5	Running Injury Prevention Workshop	0830-1130
8	Healthy Heart	1100-1200
9	Diabetes Management	0930-1100
16	Nutrition 4 Weight Management	1100-1200
22	Healthy Heart	1100-1200
23	Children's Oral Hygiene	1200-1300

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.

Nutrition 4 Weight Mgmt.

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.

Diabetes Management

Participants will learn exchange list for planning meals as well as carbohydrate counting and managing blood glucose levels.

Tricare Dental Clinic and FTW Presents Children's Dental Hygiene

Oral care for infants and children including normal timeline for tooth eruption, first dental exams, and traumatic injury resulting in loose tooth.

Call 692-8898 to register for FTW classes

The Running Injury Prevention Workshop is a specialty class with limited seating. Participants must register in advance

All military & civilian employees assigned to the Pentagon are eligible to attend Fit To Win classes.
Call 692-8898 for assistance