



Pentagon Fit To Win Program

January 2016
Class Schedule



<u>Day</u>	<u>Class Title</u>	<u>Time</u>
11	Healthy Heart	1100-1200
20	Nutrition 4 Weight Mgmt.	1100-1200
21	Diabetes Management	0930-1100
25	Healthy Heart	1100-1200

Call 692-8898 to register for FTW classes

Check us out at www.dthc.capmed.mil

**classes in blue are weight mgmt. classes *classes in red are heart healthy classes*

Healthy Heart (Cholesterol/Hypertension)

This class appeals to those individuals who are just beginning to 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.

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

Diabetes Management

This class is for individuals who have been diagnosed with diabetes and/or pre-diabetes. Participants will learn exchange list for planning meals as well as carbohydrate counting and managing blood glucose levels.