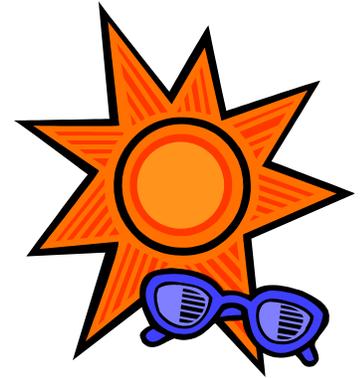


# Pentagon Fit To Win Program



## August 2015 Class Schedule



<u>Day</u>	<u>Class Title</u>	<u>Time</u>
5	Behavior 4 Weight Management	1100-1200
5	*Quit To Win/Tobacco (1 of 3)*	1200-1300
7	Healthy Sleep Patterns	1100-1200
10	Healthy Heart	1100-1200
12	Nutrition 4 Weight Management	1100-1200
12	*Quit To Win/Tobacco (2 of 3)*	1200-1300
17	Meal Planning	1100-1200
18	Why Do I Hurt?	1100-1200
18	Preventing Running Injuries	1200-1300
19	Exercise 4 Weight Management	1100-1200
21	Healthy Sleep Patterns	1100-1200
24	Healthy Heart	1100-1200
25	Diabetes Management	0930-1100
26	*Quit To Win/Tobacco (3 of 3)*	1200-1300

**Call 692-8898 to register for FTW classes**

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

**\*Classes in blue are weight mgmt. classes**

**\*Classes in**

**red are healthy heart classes**

**Classes in green are**

**general education classes**

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