

# Pentagon Fit To Win Program



February 2015  
Class Schedule



<u>Day</u>	<u>Class Title</u>	<u>Time</u>
3	Blood Pressure Management	1100-1200
4	Behavior 4 Weight Management	1100-1200
4	*Quit To Win/Tobacco (1 of 3)*	1200-1300
5	Diabetes Management	0930-1100
9	Cholesterol Management	1100-1230
10	Why Do I Hurt?	1100-1200
10	Preventing Running Injuries	1200-1300
11	Nutrition 4 Weight Management (1)	1100-1200
11	*Quit To win/Tobacco (2 of 3)*	1200-1300
13	Working Moms: Lunch and Learn	1100-1200
18	Exercise 4 Weight Management	1100-1200
18	*Quit To Win/Tobacco (3 of 3)*	1200-1300
19	Diabetes Management	0930-1100
25	Nutrition 4 Weight Management (2)	1100-1200
27	Healthy Sleep Patterns	1100-1200

Call 692-8898 to register for FTW classes

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

Check us out at [www.dthc.capmed.mil](http://www.dthc.capmed.mil)

*\*Classes in red are heart healthy classes  
weight management classes*

*\*Classes in blue are  
general education classes*

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