

Pentagon Fit To Win Program



March 2015 Class Schedule



<u>Day</u>	<u>Class Title</u>	<u>Time</u>
4	Behavior 4 Weight Management	1100-1200
4	*Quit To Win/Tobacco (1 of 3)*	1200-1300
9	Healthy Heart Management	1100-1230
11	Nutrition 4 Weight Management	1100-1200
11	*Quit To Win/Tobacco (2 of 3)*	1200-1300
13	Working Moms: Lunch & Learn	1100-1200
17	Healthy Running @ Pentagon Library	0800-1600
18	Exercise 4 Weight Management	1100-1200
18	*Quit To Win/Tobacco (3 of 3)*	1200-1300
24	Why Do I Hurt?	1100-1200
24	Prevent Running Injuries	1200-1300
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).*

Limited seating for the Healthy Running seminar call to register

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