



Pentagon Fit To Win Program



September 2004

<u>Day</u>	<u>Class Title</u>	<u>Time</u>
1	Self Care	1100-1200
1	Quit To Win (1 of 4)	1200-1300
3	Debrief/Exercise Lecture	1000-1130
7	Preventing Running Injuries	1200-1300
8	Stress Management	1100-1200
8	Quit To Win (2 of 4)	1200-1300
10	Debrief/Exercise Lecture	1000-1130
13	Cholesterol Reduction	1100-1200
14	Men's Health	1100-1200
14	Fast Foods for You	1200-1300
15	Eat To Win (1 of 2)	1100-1200
15	Quit To Win (3 of 4)	1200-1300
17	Debrief/Exercise Lecture	1000-1130
20	Back Basics	1100-1230
21	Women's Health	1100-1200
21	Preventing Running Injuries	1200-1300
22	Hypertension	1100-1200
22	Quit To Win (4 of 4)	1200-1300
24	Debrief/Exercise Lecture	1000-1130
27	Meal Planning	1100-1200
29	Eat To Win (2 of 2)	1100-1200
29	Self Change	1200-1300

Check out our website at www.narmc.amedd.army.mil/dilorenzo
For Emotional concerns and support call the Pentagon Stress Management Team at
[703-692-8878](tel:703-692-8878)

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