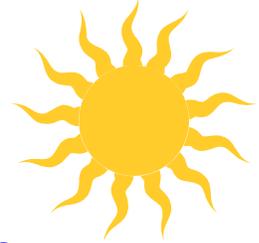


Pentagon Fit To Win Program



June 2004 Class Schedule



<u>Day</u>	<u>Class Title</u>	<u>Time</u>
2	Quit To Win (1 of 4)	1200-1300
4	Debrief/Exercise Lecture	1000-1130
8	Women's Health (1 of 3)	1100-1200
8	Preventing Running Injuries (PRI)	1200-1300
9	Eat To Win (1 of 2)	1100-1200
9	Quit To Win (2 of 4)	1200-1300
11	Debrief/Exercise Lecture	1000-1130
14	Cholesterol Reduction	1100-1200
15	Women's Health (2 of 3)	1100-1200
15	Self Care	1200-1300
16	Hypertension	1100-1200
16	Quit To Win (3 of 4)	1200-1300
18	Debrief/Exercise Lecture	1000-1130
21	Back Basics	1100-1200
21	Self Change	1200-1300
22	Women's Health (3 of 3)	1100-1200
22	Preventing Running Injuries (PRI)	1200-1300
23	Eat To Win (2 of 2)	1100-1200
23	Quit To Win (4 of 4)	1200-1300
25	Debrief/Exercise Lecture	1000-1130
28	Meal Planning	1100-1200
29	Stress Management	1100-1200
29	Men's Health	1200-1300



Check out our website: www.narmc.amedd.army.mil/dilorenzo
For emotional concerns and support call the Life Skills Center at 692-8898
Provider referrals for the shoe clinic must attend PRI class B4 receiving appt.
All military & civilian employees assigned to the Pentagon are eligible to attend Fit To Win classes.
Call 692-8898 to register
****The first LEARN class is mandatory in order for you to continue in the LEARN program.**