



Pentagon Fit To Win Program

March 2004
Class Schedule



<u>Day</u>	<u>Class Title</u>	<u>Time</u>
2	Self Care	1100-1200
2	Women's Health (Tricare)	1100-1200
2	Success Over Stress (Tricare 1 of 4)	1200-1400
3	Eat To Win (1 of 2)	1100-1200
3	Quit To Win (1 of 4)	1200-1300
5	Debrief/Exercise Lecture	1000-1130
8	Cholesterol Reduction	1100-1200
9	Women's Health (1 of 3)	1100-1200
9	Success Over Stress (Tricare 2 of 4)	1200-1400
10	Hypertension	1100-1200
10	Quit To Win (2 of 4)	1200-1300
12	Debrief/Exercise Lecture	1000-1130
15	Stress Management	1100-1200
16	Women's Health (2 of 3)	1100-1200
16	Self Change	1200-1300
16	Success Over Stress (Tricare 3 of 4)	1200-1400
17	Eat To Win (2 of 2)	1100-1200
17	Quit To Win (3 of 4)	1200-1300
19	Debrief/Exercise Lecture	1000-1130
22	Meal Planning	1100-1200
23	Women's Health (3 of 3)	1100-1200
23	Men's Health	1200-1300
23	Success Over Stress (Tricare 4 of 4)	1200-1400
24	Preventing Running Injuries	1100-1200
24	Quit To Win (4 of 4)	1200-1300
26	Debrief/Exercise Lecture	1000-1130

**Go to: www.narmc.amedd.army.mil/dilorenzo for updates to the schedule
For emotional concerns and support call the Life Skills Center at 692-8898**

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