

# Pentagon Fit To Win Program



## May 2004 Class Schedule



<u>Day</u>	<u>Class Title</u>	<u>Time</u>
3	Stress Management	1100-1200
3	Building Better Bodies (1 of 3)	1200-1300
4	Women's Health (1 of 3)	1100-1200
4	Men's Health	1200-1300
5	Hypertension	1100-1200
5	Quit To Win (1 of 4)	1200-1300
7	Debrief/Exercise Lecture	1000-1130
10	Cholesterol Reduction	1100-1200
10	Building Better Bodies (2 of 3)	1200-1300
11	Women's Health (2 of 3)	1100-1200
11	Preventing Running Injuries (PRI)	1200-1300
12	Eat To Win (1 of 2)	1100-1200
12	Quit To Win (2 of 4)	1200-1300
14	Debrief/Exercise Lecture	1000-1130
17	Self Change	1100-1200
17	Women's Health (3 of 3)	1100-1200
17	Quit To Win (3 of 4)	1200-1300
21	Debrief/Exercise Lecture	1000-1130
24	Meal Planning	1100-1200
24	Building Better Bodies (3 of 3)	1200-1300
25	Self Care	1100-1200
25	Preventing Running Injuries (PRI)	1200-1300
26	Eat To Win (2 of 2)	1100-1200
26	Quit To Win (4 of 4)	1200-1300
28	Debrief/Exercise Lecture	1000-1130

**For emotional concerns and support call the Life Skills Center at 692-8878**

**Check out our website: [www.narmc.amedd.army.mil/dilorenzo](http://www.narmc.amedd.army.mil/dilorenzo)**

**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.  
Registration is mandatory for all TRICARE classes

**Call 692-8898 to register**