

Pentagon Fit To Win Program

February 2004
Class Schedule



| <u>Day</u> | <u>Class Title</u> | <u>Time</u> |
|------------|------------------------------|-------------|
| 2 | Self Care | 1100-1200 |
| 3 | Men's Health (Tricare) | 1100-1200 |
| 3 | Women's Health (1 of 3) | 1100-1200 |
| 3 | Stress Management | 1200-1300 |
| 4 | Hypertension | 1100-1200 |
| 4 | Quit To Win (1 of 3) | 1200-1300 |
| 5 | Fit For Life (Tricare) | 1100-1200 |
| 6 | Debrief/Exercise Lecture | 1000-1130 |
| 9 | Meal Planning | 1100-1200 |
| 10 | Living With Stress (Tricare) | 1100-1200 |
| 10 | Women's Health (2 of 3) | 1100-1200 |
| 11 | Eat To Win (1 of 2) | 1100-1200 |
| 11 | Quit To Win (2 of 3) | 1200-1300 |
| 13 | Debrief/Exercise Lecture | 1000-1130 |
| 17 | Women's Health (3 of 3) | 1100-1200 |
| 17 | Self Change | 1200-1300 |
| 18 | Preventing Running Injuries | 1100-1200 |
| 18 | Quit To Win (3 of 3) | 1200-1300 |
| 20 | Debrief/Exercise Lecture | 1000-1130 |
| 23 | Cholesterol Reduction | 1100-1200 |
| 24 | Men's Health | 1100-1200 |
| 25 | Eat To Win (2 of 2) | 1100-1200 |

For emotional concerns and support call the Life Skills Center at 692-8898

Call Physical Therapy at 703-692-8981 for information on the Healthy Backs Classes.

Attend a series of classes or 3 or more classes and receive a FTW t-shirt

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

Call 692-8898 to register for tricare classes