



Virtual



Nutrition Classes

WEIGH for HEALTH

Weight management and healthy habits class for non-active duty

23 MAR @ 1400

06 APR @ 1400

20 APR @ 1400

04 MAY @ 1400

HEART HEALTHY

Nutrition education for high blood pressure and high cholesterol focused on lifestyle changes

27 MAR @ 1330

10 APR @ 1330

24 APR @ 1330

08 MAY @ 1330

FIT for PERFORMANCE #1

Weight management class for Active Duty, meets ABCP requirement for AR 600-9

25 MAR @ 0800 & 1500

01 APR @ 1500

08 APR @ 0800 & 1500

15 APR @ 0800

22 APR @ 0800 & 1500

06 MAY @ 1500

Fit for Performance Follow Up*

Weight management strategies to include supplements, fad diets, exercise, performance nutrition, mindful eating practice, and more.

03 APR @ 1400

17 APR @ 1400

01 MAY @ 1400

*Does not meet AR 600-9 Requirement for ABCP

Classes will be offered virtually to help promote social distancing. Participants will need to access the class using either their mobile device or a computer with audio/visual components. Participants will need to provide an email address when they sign up for a class

Call 210-808-3609/2232 more information or to sign up