



# Virtual



# Nutrition Classes

**LATE SUMMER ~ EARLY FALL**

<p><b>WEIGH for HEALTH</b></p> <p>Weight management, healthy eating, and general nutrition class for non-active duty</p>	<p><u>MONDAYS @ 1400</u></p> <p>10 AUG    24 AUG 14 SEP    28 SEP 05 OCT    19 OCT</p>
<p><b>FIT for PERFORMANCE</b></p> <p>Weight management class for Active Duty, focused on performance triad and making lifestyle changes. Class meets ABCP requirement for AR 600-9</p>	<p><u>WEDNESDAYS</u></p> <p>12 AUG @ 1500 26 AUG @ 0800 9 SEP @ 1500 23 SEP @ 0800 14 OCT @ 0800 &amp; 1500 28 OCT @ 0800 &amp; 1500</p>
<p><b>HEART HEALTHY</b></p> <p>Nutrition education for high blood pressure and high cholesterol focused on lifestyle changes</p>	<p><u>FRIDAY @ 1330</u></p> <p>14 AUG    28 AUG 11 SEP 9 OCT</p>

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