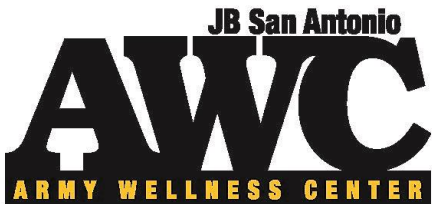


All classes are free and require pre-registration. In-person class size is limited - social distancing and masks required.



APRIL 2021



Monday	Tuesday	Wednesday	Thursday	Friday
Classes virtually via Adobe Connect! Call 210-539-1254 to schedule.			1	2
5 ACFT PREP 0900	6 Upping Your Metabolism 0900 Staying Fit: Home & Away 1315	7 Meals in Minutes 1315	8 Upping Your Metabolism 1315	9 Interested in hosting a class for personnel at your facility? Contact us to schedule!
12 Upping Your Metabolism 0900	13 Stress Management 0900 Fueling for Health 1315	14 Upping Your Metabolism 1315	15 Healthy Sleep Habits 1315	16
19 Fueling for Health 0900	20 Upping Your Metabolism 0900 Meals In Minutes 1315	21 Healthy Sleep Habits 1315	22 Upping Your Metabolism 1315	23
26 Upping Your Metabolism 0900	27 Staying Fit: Home & Away 0900 Stress Management 1315	28 Upping Your Metabolism 1315	29 ACFT PREP 1315	

2490 Stanley Rd. Building 367, 1st Floor
Fort Sam Houston, TX 78234 210-539-1254

Programs are open to Active Duty, Dependents, Retiree and DoD Civilians

AWC Health Education Classes:

(60 min; class schedules change monthly and require preregistration)



Upping Your Metabolism (*requires metabolic testing appointment*):

Explore trends and barriers to wellness, review metabolic testing results, provide personalized caloric goals, discuss energy balance, describe calorie and activity levels that promote healthy weight, and present tools to track and improve caloric intake and activity.



Meals in Minutes:

Address myths and challenges of preparing healthy meals. Examine tools and strategies to create quick, simple, and healthy meals.



Fueling for Health:

Learn fundamental components of nutrition, discuss macro-nutrient needs, and understand dietary guidelines and food labels.



Stress Management:

Define stress and explore the impact of stress on health and wellness, review tools for monitoring stress, explore the role of sleep, activity and nutrition on stress and practice (2) stress reduction techniques and sample emWave technology for self-regulation.



Healthy Sleep Habits:

Discuss the importance of sleep, examine the science of sleep, explore methods and resources for achieving better quality of sleep, and develop positive action steps to improve sleep.



Staying Fit: Home & Away:

Discuss the components of an exercise plan; receive examples and demonstrations of how to remain active while on the road and at home.