

Free

MISSION Nutrition

FITNESS CENTER (BLDG. 22)

Mondays, Wednesdays and Fridays

Noon - 1 p.m.



Improve your health through nutritional knowledge and awareness. Learn about every day nutrition and ways to improve your eating habits through a 30-minute consultation.

Active-duty, reserve and retired military;
dependents, civilians and contractors

To register or to receive more information,
e-mail **Bernard** at mwr.fitness.nsaw@navy.mil

