



Healthy WEIGHT LOSS WEBINAR

MAY 20 • 11:30AM



SCAN TO REGISTER

Learn to lose weight in a more healthy and sustainable manner. Topics include weight control, fad diets, food myths, and more. It's time for a change in approach to see a change in your body and health. No more waiting, the time is now.

Register at:

www.navymwrwashington.com/fitnesswebinar

by May 18. Call 202-433-2282 or email mwr.fitness.nsaw.fct@navy.mil for more information. Open to all eligible patrons



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