



MISSION NUTRITION

Wednesday-Friday, **March 25-27**

10 a.m.-2 p.m. ■ Support Site Fitness Center

Short course held second Thursday of each month beginning April 9.

Mission Nutrition is a science-based course designed to maximize Warfighter nutrition. Learn to optimize your health, performance and combat readiness through improved general eating habits.

Learn how everyday dietary choices will sustain energy, prevent fatigue and manage your health effectively.



Register for three-day class by March 19.

Register for the short course by Monday before the course begins.

To register or for more information, call 081-811-4265 | DSN 629-4265

or email NaplesMWR_Fitness@us.navy.mil.