



MISSION NUTRITION

Monday-Thursday, **Jan. 20-23**

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

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 this free class by Jan. 14

To register or for more information, call 081-811-4265 | DSN 629-4265
or email NaplesMWR_Fitness@us.navy.mil.

Connect with MWR 24/7, navymwrnaples.com  facebook.com/mwrnaples

