



MISSION NUTRITION

Wednesday-Friday, Nov. 4-6

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

Bring a pen or pencil and water to class.

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 Oct. 28.

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

or email NaplesMWR_Fitness@us.navy.mil.