



MISSION NUTRITION

Tuesday-Wednesday, **July 9-10**
8 a.m.-4 p.m. ■ Fitness Forum, Support Site

Mission Nutrition is a science-based course focused on improving your nutritional knowledge and awareness.

Learn and practice skills about everyday nutrition topics and ways to improve your eating habits and overall health such as grocery shopping, weight control and balance, fueling for performance and the effects of emotional eating.



To register or for more information, call 081-811-6721 | DSN 629-6721
or stop by the Fitness Forum front desk.

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