



Looking to have healthier habits and lose some weight in the process?

## Join our ShipShape Program! At SS or NBHC Capodichino!

In our program, we will inform and support you to get to your goal. Open to AD, Civilians and their beneficiaries, and local nationals! Email for more information.

Location: NMRTC Naples Hospital, Behavioral Health Conference Room, Dates: Jan.-March, Every Tuesday, 0800

Wednesdays at NBHC Capodichino, Dental Conference Room, 1130-1230

NMRTC Naples

Health Promotion and Wellness

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