



MISSION NUTRITION

Monday-Wednesday, **Nov. 3-5**
10 a.m.-2 p.m. ■ Fitness Forum, Support Site

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 Oct. 27.

To register or for more information, call 081-811-4265 | DSN 629-4265
or stop by the Fitness Forum front desk.

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