



# Right Weigh 4 week Program



Class Dates: NOVEMBER 1, 8, 15, 22

Time: Tuesdays, 12:00 pm~1:00pm

Location: Nutrition Classroom, Bld 2, 2<sup>nd</sup> floor

Open to active duty, civilian employees, retirees  
and adult family members

Additional classes may be opened if requested.

To register call 757-953-9247

For more information:

<http://www.med.navy.mil/sites/nmcp/Wellness>