



Healthy & Fit



April 18 – May 15

0830-1030

NAS I - Midtown Classroom & Gym

Only 15
seats
available

Healthy & Fit is a 5-week program to assist you with nutrition & weight management. Each session will include group exercise and educational sessions. The classes will contain info about nutrition, psychology of eating, commissary tour, healthy cooking etc.

Participants who complete the course will receive a \$25 NEX Gift Card.

To register call Health Promotion at 624-4710