



# GET READY. GET FIT. GET HEALTHY.



**SHIPSHAPE**   
**Weight Management Program**

For more information, contact:  
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Every Thursday  
 1400 - 1530  
 NAS 1 Midtown  
 Classroom  
 Starting September 8

SESSION #	TITLE	DATES
1	Steps to Success	Introductory Online Session
2	Fueling Your Body and Brain	8 September - 20 October - 8 December
3	Weight Loss Tracking and Trends	15 September - 27 October - 15 December
4	Power Up! Physical Activity	22 September - 3 November - 22 December
5	Psychology of Weight Management	29 September - 10 November - 29 December
6	Creating Supportive Environments	6 October - 17 November
7	Stress Management and Relaxation	13 October - 1 December
8	Preparing for the Future	Concluding Online Session

