

# FREE Weekly Nutrition Classes

Provided by Tripler Army  
Medical Center Dietitians

*NOTE: Marines and Sailors  
attending any one of the  
classes will get points for their  
unit for 101 Days of Summer  
Health Promotion Program  
nutrition class*

## July

- 8 Overview of General Nutrition and Weight Management
- 15 Pre- and Post-Natal Nutrition
- 22 Sports Nutrition and Performance (class will be at Base Theater)
- 29 Nutritional Supplements and their Impact

## August

- 5 General Nutrition and Weight Management
- 12 Pre- and Post-Natal Nutrition
- 19 Sports Nutrition and Performance
- 26 Nutritional Supplements and their Impact

All classes held at 1330 at the Base Chapel, except on July 22 when it will be held at the Base Theater. Classes open to all active duty family members and civilian employees.

**For more information, contact  
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