



MISSION LUNCH & LEARN NUTRITION

**11 AM – NOON
IN THE BASE GYM
CONFERENCE ROOM**



Start the New Year off by setting nutrition goals! Spend six weeks learning various nutrition topics such as nutrition basics, reading food labels, smart grocery shopping tips, and goal-setting and dieting. Bring your own lunch and any questions you may have.

January 17: Goal Setting and Behavior Change

January 31: Nutrition Basics


February 14: Food Labels

February 28: Commissary Tour and Smart Shopping Tips

March 13: Dieting and Dining Out Tips

March 27: Nutrition and Physical Activity

Scan the QR code to sign up!

 **(904) 542-2930**



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