

Free!



# MISSION NUTRITION CLASS

This is a one-day nutrition course for those who want to increase their understanding of food and weight relationships. Learn how to shop wisely, build meals and understand external factors that affect eating habits and much more!

## Classes Available Upon Request

Open to Active Duty, Retirees, DoD Civilians and Active Duty/Retiree family members.

*For more information call, (425) 304-3922.*

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NavyLifePNW app  
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