

SHIPSHAPE PROGRAM

OFFICIAL NAVY WEIGHT MANAGEMENT PROGRAM

Comprehensive program focusing on 4 Important components:

**LOSE
WEIGHT**

**EAT
CLEAN**

**CHANGE
HABITS**

**DECREASE
STRESS**

**NMRTC HEALTH & WELLNESS DEPARTMENT
BLDG. 26, 1ST FLOOR**

CALL TO REGISTER TODAY!

619.532.7764

VIRTUAL SHIPSHAPE CLASS DATES:

Call for upcoming class dates and times



LIVE HEALTHY, LIVE WELL.