

MOVE

WEIGHT MANAGEMENT PROGRAM

Learn tools and techniques to help manage your weight.

Join the complete Move program - 16 SESSIONS today!



1

Learn about healthy diet, exercise & behaviors modification to lose weight effectively.

2

Lessons on nutrition, physical activity, the power of food labels, overcoming lifestyle challenges & positive thinking.

3

Open to all active duty & beneficiaries.
Call to register today!

**LIVE HEALTHY,
LIVE WELL.**



Learn to fight obesity & support your overall long-term health with this program. Invest in your health with NMCS D's Health & Wellness Department.

To register or for more information call (619) 532-7764

Your Health is our Mission