

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:

CLASS 1: AUG. 16-25 (TIMES VERY)

CLASS 2: SEPT. 13-24 (TIMES VERY)

CLASS 3: OCT. 11-22 (TIMES VERY)



LIVE HEALTHY, LIVE WELL.