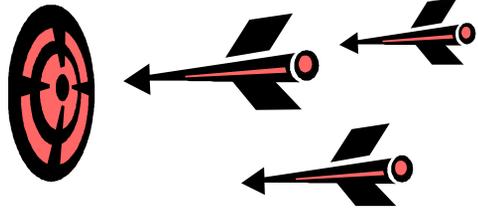


AIM TO WINN Program Schedule



1st Monday of the month AIM TO WINN Nutrition Class 0900-1100
2nd Tuesday of the month Physical Therapy Class 1000-1200
3rd Thursday of the month Behavioral Health Class 1000-1200
4th Monday of the month Ladies only Nutrition Class 0900-1100

(If you start the program in the middle or at the end of a month you will have the opportunity to make the class up the following month.)

There is a monthly GROUP support meeting

Each month there will be an activity relating to the AIM TO WINN weight management program

An introduction to the GYM w/ a personal trainer.

A commissary tour and lessons on how to shop healthier.

Cooking Healthier Classes

Behavioral Health Class

Physical Therapy lessons on how to stay safe while exercising to get healthy