



## NEED A DIET OVERHAUL?

MCB Quantico provides expert nutritional advice from the Semper Fit Health Promotion Dietitian.

### VIRTUAL NUTRITION CLASSES:

Now you can join from the convenience of your home or work! Learn how to improve your diet and have more energy! Topics include healthy eating tips and weight management techniques.

### UPCOMING DATES: 11:30 AM - 12:30 PM

- JANUARY 6
- FEBRUARY 3
- MARCH 3
- APRIL 7
- MAY 5
- JUNE 2
- JULY 7
- AUGUST 4
- SEPTEMBER 1
- OCTOBER 6
- NOVEMBER 3
- DECEMBER 1

**Nutrition classes are also available per request for interested units or offices aboard MCB Quantico.**

**1:1 NUTRITION COUNSELING:** 1:1 sessions are available by appointment to help individuals reach their health goals. Each client receives a diet assessment plus expert advice and tips on how to make successful lifestyle changes. Open to all DOD ID holders, fees may apply.

The Dietitian is located inside the Barber Physical Activity Center's Health Promotion office.

### OPEN TO ALL DOD ID CARD HOLDERS

MCCS encourages and supports the participation of individuals of all abilities in its programs and facilities. Please call if you need a reasonable accommodation to fully participate.



For more information, call 703.784.2869/3780 or email [BPACregistration@usmc-mccs.org](mailto:BPACregistration@usmc-mccs.org)