

# FEB 2021

Available to all Military, Retirees, DoD  
 Civilians, Contractors & Spouses  
 402-294-5977



All Classes  
 Now Virtual  
 via Microsoft Teams

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>To Recieve Class Participation Link Please E-Mail</b>  <a href="mailto:usaf.offutt.55-mdg.mbx.health-promotion-office@mail.mil">usaf.offutt.55-mdg.mbx.health-promotion-office@mail.mil</a></p>						
	1	2	3	4	5	6
			<b>Emotional Control</b> 1430-1630			
7	8	9	10	11	12	13
		<b>30 Day Fitness Frenzy Challenge Begins</b> Fitness Assessment Specific Training 1530-1630	<b>Soar Into Health 4 Wk Challenge Begins</b> Eating, Exercising & Thriving 1430-1630	<b>Master's SIH 3 Wk Challenge Begins</b> Master's Eating, Exercising & Thriving 1430-1630		
14	15	16	17	18	19	20
			<b>Sleep is King</b> 1530 - 1630			
21	22	23	24	25	26	27
		<b>30 Day Fitness Frenzy Challenge Begins</b> Fitness Assessment Specific Training 1530-1630	<b>Thriving Mind Challenge Begins</b> MINDSET MOTIVATION 1430 - 1630			
28						
		<p style="text-align: center;"><b>Join Our Newsletter Club</b>            For Latest on Physical Activity, Nutritional            Fitness, Sleep Optimization, Toabacco            Free Living &amp; Health Promotion Activities</p>				