

JAN 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
					1	2
To Recieve Class Participation Link Please E-Mail usaf.offutt.55-mdg.mbx.health-promotion-office@mail.mil						
3	4	5	6	7	8	9
		30 Day Fitness Frenzy Challenge Begins Fitness Assessment Specific Training 1530-1630	Soar Into Health 4 Wk Challenge Begins Eating, Exercising & Thriving 1430-1630			
10	11	12	13	14	15	16
			Sleep is King 1530 - 1630			
17	18	19	20	21	22	23
		30 Day Fitness Frenzy Challenge Begins Fitness Assessment Specific Training 1530-1630	Thriving Mind Challenge Begins MINDSET MOTIVATION 1430 - 1630			
24	25	26	27	28	29	30
			Stress to Strength 1430 - 1630			
31						
Join Our Newsletter Club For Latest on Physical Activity, Nutritional Fitness, Sleep Optimization, Toabacco Free Living & Health Promotion Activities						