



**Womack Army
Medical Center**
**Nutrition Clinic
Outpatient Services**

1-910-907-3438 (DIET)

*Quality Care,
Quality Caring!*

LOCATION

**Classes and class check-ins
are held at the Nutrition
Classroom, across from the
Red Cross Office.**

**September 2021
Nutrition Classes**

SUN	MON	TUES	WED	THU	FRI	SAT
			1 1:00-2:30 PM Gestational Diabetes	2 9:00-10:30 AM Healthy Weight Loss (AD Soldiers)	3	4
5	6	7	8 1:00-2:30 PM Gestational Diabetes	9 1:00-2:30 PM Healthy Weight Loss (Civilians) 1:00-2:30 PM Healthy Pregnancy	10 1:00-2:30 PM Diabetes Class 5	11
12	13 11:00-12:00 PM Diabetes Class 2/3	14 1:00-3:00 PM ABCP Session 1 2:00-3:00 PM Heart Healthy 3:00-4:00 PM Diabetes Class 1	15 9:00-10:30 AM FFP 1/2 1:00-2:30 PM Gestational Diabetes	16 9:00-10:30 AM FFP 3/4 11:00-12:00 PM Diabetes Class 2/3 1:00-2:30 PM Healthy Weight Loss (AD Soldiers)	17	18
19	20 1:00-2:30 PM Prediabetes	21 1:00-3:00 PM ABCP Session 1 2:00-3:00 PM Heart Healthy	22 1:00-2:30 PM Gestational Diabetes	23 1:00-2:30 PM Healthy Pregnancy 11:00-12:30 PM Healthy Weight Loss (Civilians)	24	25
26	27 11:00-12:00 PM Diabetes Class 2/3	28 1:00-3:00 PM ABCP Session 1 3:00-4:00 PM Diabetes Class 1	29 9:00-10:30 AM FFP 1/2 1:00-2:30 PM Gestational Diabetes	30 9:00-10:30 AM FFP 3/4		