



# MISSION

## NUTRITION

### WEBINAR

**MARCH 25**  
11AM

#### **MAKE IT YOUR MISSION TO HAVE BETTER NUTRITION**

March is National Nutrition Month! Improve your health through nutrition knowledge and awareness. Learn every day nutrition and ways to improve your eating habits. Discover tools, resources, tips and more! Open to all eligible patrons.

Register online by March 23 at  
[https://www.signupgenius.com/  
go/904044DAAA82AA3F94-nsaw](https://www.signupgenius.com/go/904044DAAA82AA3F94-nsaw)

Call 202-433-2282 or  
e-mail [mwr.fitness.nsaw.fct@navy.mil](mailto:mwr.fitness.nsaw.fct@navy.mil)  
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