

Free!



MISSION NUTRITION COURSES

Mission Nutrition is a standardized, science-based course focused on improving your nutritional knowledge and awareness. In this class, you will learn about a variety of everyday nutrition topics and ways to improve your eating habits, as well as your overall health. Topics include grocery shopping, weight control and balance, fueling for performance, the effect of emotional eating, among many other relevant subjects for discussion.

Naval Air Station Whidbey Island

Nov. 15, 2019
Feb. 21, 2020
May 1, 2020
July 17, 2020

Naval Base Kitsap

Nov. 15, 2019
Jan. 24, 2020
March 20, 2020
May 15, 2020
July 17, 2020
Sept. 18, 2020

Naval Station Everett

Oct. 9, 2019
Jan. 15, 2020
April 15, 2020

Visit your local Fitness Center for more Mission Nutrition course information.



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