

# February 2007

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>To Sign up call the HAWC at 846-1186 or Register at: <a href="https://www.amc-ids.org/php/IDS_Campus/index.asp?Base_ID=56">https://www.amc-ids.org/php/IDS_Campus/index.asp?Base_ID=56</a></i></p>			1	2
<p><b>5</b> Body Composition Improvement Program 1 (Military Only) 8 - 9 a.m.</p>	<p><b>6</b> Lighten Up! #3 11 a.m. - noon</p>	<p><b>7</b> Meal Planning 11:30 a.m.– noon Tobacco Cessation Class #5 noon - 1 p.m.</p>	<p><b>8</b> Physical Training Leader (PTL) Class (Military Only) 7:30 a.m. - 4 p.m.</p>	<p><b>9</b> CPR for PTLs 8 a.m. - noon First Term Airmen Center (Military Only) 1:30 -3 p.m.</p>
<p><b>12</b> Body Composition Improvement Program 2 (Military Only) 8 – 9 a.m. Women’s Weight Loss 1 - 3 p.m.</p>	<p><b>13</b> Healthy Living Program (Military Only) 8:30–10:30 a.m. Lighten Up! #4 11 a.m. - noon</p>	<p><b>14</b> Lowering Your Blood Pressure 1 - 2:30 pm</p>	<p><b>15</b>  Training Day HAWC Closed</p>	<p><b>16</b>  Family Day</p>
<p><b>19</b>  President’s Day CLOSED</p>	<p><b>20</b> Body Composition Improvement Program 1 (Military Only) 8 - 9 a.m. Lighten Up! #5 11 a.m. - noon</p>	<p><b>21</b> Conquering Stress 11 a.m. - noon</p>	<p><b>22</b> Changing behaviors and attitudes 11 a.m. - noon</p>	<p><b>23</b></p>
<p><b>26</b> Body Composition Improvement Program 2 (Military Only) 8 - 9 a.m. Lowering Your Cholesterol 1 - 3 p.m.</p>	<p><b>27</b> Healthy Living Program (Military Only) 8:30–10:30 a.m. Lighten Up! #6 11 a.m.- noon</p>	<p><b>28</b> Eating on the Run 11:30 a.m. - noon TCC #1 noon - 1 p.m.</p>		