JANUARY 2014

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Facebook Posts! Weekly rotation of our four primary mission areas, plus a bonus day on Thursdays!				
Tobacco Prevention/Cessation	Physical Activity	Optimal Nutrition	Stress and Sleep	Community Collaboration
		1 New Year's Day HAWC Closed	2 BOD POD 0800-1100	3 *BE WELL 2.0 Nutrition Component 0800-0900
6 *BE WELL 2.0 Strength Orientation 0800-0930 Kids Rock Wall Class at UCM **1000-1130	7 BOD POD 0800-1100 *BE WELL 2.0 Cardio Orientation 0800-0930 Better Body, Better Life 1430-1600	8 *BE WELL 2.0 Strength Follow-up 0730-0830	9 BOD POD 0800-1100 *BE WELL 2.0 Cardio Follow-up 0800-0900	10 *BE WELL 2.0 Nutrition Module 0800-0900
13	14 BOD POD 0800-1100 Better Body, Better Life 1430-1600	15 *BE WELL 2.0 Strength Follow-up 0800-0900	16 BOD POD 0800-1100 *BE WELL 2.0 Cardio Follow-up 0800-0900	17 Wing Fitness Day 1000-1400 watch facebook for events! *BE WELL 2.0 Nutrition Module 0800-0900
20 Martin Luther King, Jr. Day HAWC Closed	21 BOD POD 0800-1100 *BE WELL 2.0 Cardio Orientation Strength Orient. 0930-1100 Running Clinic 1300-1430 Better Body, Better Life 1430-1600	22 *BE WELL 2.0 Strength Follow-up 0800-0900 Commissary Tour 1000-1200 Freshstart tobacco cessation 1400-1500	23 BOD POD 0800-1100 *BE WELL 2.0 Cardio Follow-up 0800-0900 PTL Initial Course	24 *BE WELL 2.0 Nutrition Module 0800-0900
27	28 BOD POD 1300-1500 Better Body, Better Life 1430-1600	29 *BE WELL 2.0 Strength Follow-up 0800-0900 Healthy Cooking 0930-1100 Freshstart tobacco cessation 1400-1500	30 BOD POD 0800-1100 *BE WELL 2.0 Cardio Follow-up 0800-0900	31 *BE WELL 2.0 Nutrition Module 0800-0900

BOD POD: No advance sign-up necessary! Please visit www.facebook.com/WhitemanHAWC for preparation and arrival instructions
Better Body, Better Life and Commissary Tours: Please contact Mrs. Valerie Rogers at 687-DIET for enrollment
PTL Initial: Please contact Mrs. Angela Anderson (angela.anderson.11@us.af.mil) - RESERVATIONS & PREREQUISITES REQUIRED!!
*BE WELL 2.0: Notify hawc.whiteman@us.af.mil if you plan to attend. Class is a mandatory component after a fitness failure.
All other programs: Please connect with us through: Facebook message, phone call (660) 687-7662, or by e-mail at: hawc.whiteman@us.af.mil
**Rock Wall Class has specific enrollment instructions, visit our Facebook page for details

Please note that this calendar is subject to change on a weekly basis. For the most current version, visit it at www.facebook.com/WhitemanHAWC