




Moreno Primary Care Clinic  
Outpatient Nutrition  
March 2016



Mon	Tue	Wed	Thu	Fri
	1 Fit for Performance Class 1 1200-1300	2 Fit for Performance Class 2 1200-1300	3 Fit for Performance Class 3 1200-1300	4
7 Weigh For Health Part 1 1500-1600	8 Fit for Performance Class 1 1700-1800	9	10 Fit for Performance Class 3 1700-1800	11
14 Weigh For Health Part 2 1500-1600	15 Fit for Performance Class 1 1200-1300	16 Fit for Performance Class 2 1200-1300	17 Fit for Performance Class 3 1200-1300	18
21 Weigh For Health Part 1 1500-1600	22 Fit for Performance Class 1 0900-1000 ASK the Dietician METC 1700-1900	23 Fit for Performance Class 2 0900-1000 Bringing Baby Home 0900-1000	24 Fit for Performance Class 3 0900-1000 Menu Planning AWC Bldg 156 1300-1430	25
28 Weigh For Health Part 2 1500-1600	29 Fit for Performance Class 1 1200-1300	30 Fit for Performance Class 2 1200-1300	31 Fit for Performance Class 3 1200-1300	

Fit for Performance: Active Duty weight control education  
Weigh for Health: Weight control education for all non-active duty personnel

Nutrition Clinic Appointment Line: [210-808-2232](tel:210-808-2232) or [210-808-3609](tel:210-808-3609)





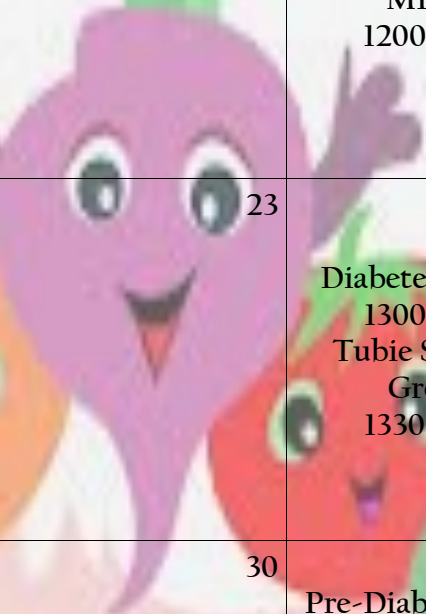
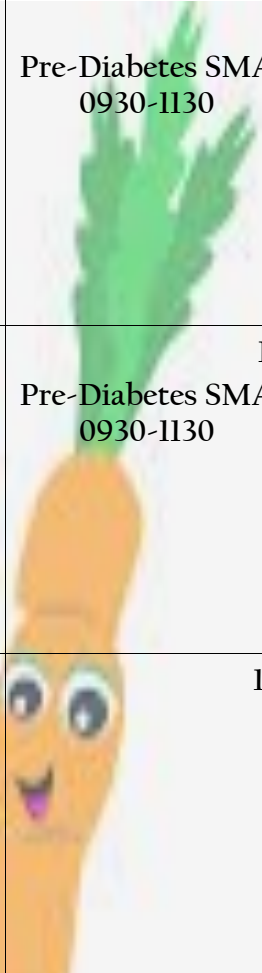
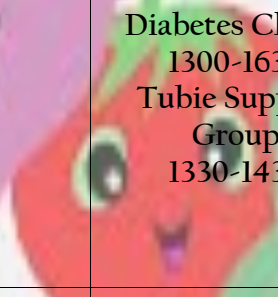
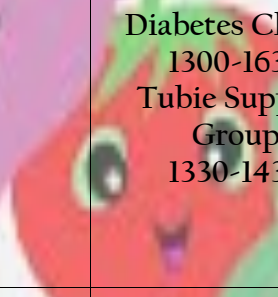

**HEALTHY FOR LIFE**





**SAMMC**  
**Outpatient Nutrition Clinic**  
**March 2016**



Mon	Tue	Wed	Thu	Fri
1 	2 Bariatric Clinic (C) 1000-1200 Gestational Diabetes 1230-1330 Healthy Heart 1300-1430 Nutrition for HIV 1500-1600	3 Afib Nutrition Class 1300-1400	4 Pre-Diabetes SMA 0930-1130	
7 Diabetes Class 1 1300-1630	8 Bariatric Clinic (A) 1000-1200 Gestational Diabetes 1230-1330 Diabetes Class 2 1300-1630 Nutrition for HIV 1500-1600	9 	10 ASK the Dietician Jimmy Brought 1200-1300 Diabetes Class 3 1300-1630	11 Pre-Diabetes SMA 0930-1130
14 Pre-Diabetes 0930-1230	15 Bariatric Clinic (B) 1000-1200 Gestational Diabetes 1230-1330 Healthy Heart 1300-1430 Nutrition for HIV 1500-1600	16 	17 ASK the Dietician METC 1200-1300	18 
21 Diabetes Class 1 1300-1630	22 Bariatric Clinic (C) 1000-1200 Gestational Diabetes 1230-1330 Diabetes Class 2 1300-1630 ASK the Dietician METC 1700-1900	23 	24 Diabetes Class 3 1300-1630 Tubie Support Group 1330-1430	25 Pre-Diabetes SMA 0930-1130
28 Pre-Diabetes 0930-1230 ASK the Dietician Jimmy Brought 1600-1800	29 Bariatric Clinic (A) 1000-1200	30 	31 Pre-Diabetes SMA 1230-1430	 <b>National            Nutrition            Month</b>

Fit for Performance: Active Duty weight control education

Weigh for Health: Weight control education for all non-active duty personnel

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