

DoD Weight Management Workshop/Ship Shape:
11 March 2015 – 8 May 2015
Facilitator CPT Noyes

Shipshape Orientation/ShipShape Study Enrollment

11 March 1600
12 March 0830
13 March 1300

Shipshape 1: Steps to Success

18 March 1600
19 March 0830
20 March 1300

Shipshape 2: Fueling Your Body and Brain

25 March 1600
26 March 0830
27 March 1300

Shipshape 3: Weight Loss Tracking and Trends

1 April 1600
2 April 0830
3 April 1300

Shipshape 4: Power Up with Physical Activity

8 April 1600
9 April 0830
10 April 1300

Shipshape 5: Psychology of Weight Management

15 April 1600
16 April 0830
17 April 1300

Shipshape 6: Creating a Supportive Environment

22 April 1600
23 April 0830
24 April 1300

Shipshape 7: Stress Management

29 April 1600
30 April 0830
1 May 1300

Shipshape 8: Preparing for the Future

6 May 1600
7 May 0830
8 May 1300