

Healthy Eating

- ▶ WHAT: learn and practice ways to eat that help you improve your performance and quality of life.
 - ▶ Areas covered: understand and improve your eating style; taste food differently; manage stress eating
 - ▶ One, 30-45 minute class
- ▶ WHEN: 1430, third Wednesday of the month
- ▶ WHERE: Star of Abilene room
 - ▶ (3rd floor of Medical Group, next to the Mental Health Clinic)
- ▶ WHO: active duty, dependents and retirees ages 18 and up