



# GET READY. GET FIT. GET HEALTHY.

## ShipShape Classes!!

**SHIPSHAPE**

Weight Management Program



### Current Schedule:

**Support Site : Monday's @ 1100-1300**

**Location: USNH Behavior Health Conference Room**

**Capodichino: Wednesday's @ 1400-1600**

**Location: Capo Branch Clinic Health Promotion Conference Room**

The ShipShape Program is the Official Navy weight management program that assists Active Duty and Community Members with making healthy behavior changes!

The program consists of six in person group sessions combined with two virtual session. Classes will consist of lecture material followed by an MWR instructor led exercise session. Course content will include education on nutrition, exercise, and lifestyle modification to assist you in reaching your wellness goals.

So don't delay, why put off until tomorrow what one can achieve today!

For more information, or to enroll in the program please contact:  
Health Promotion and Wellness Department at 629-6445/6305 or 081-811-6445/6305  
E-mail: [usn.naples.navhospnaplesit.list.nhnap-health-promotions@mail.mil](mailto:usn.naples.navhospnaplesit.list.nhnap-health-promotions@mail.mil)



**HEALTH PROMOTIONS**  
NAVY MEDICAL CENTER