



# Navy Mission Nutrition

2026 CLASSES



October 16 | January 15 | April 9 | July 9

Meet your nutritional goals with help from MWR Fitness! This course is designed to educate sailors on basic nutrition, weight control, fad diets, meal planning, smart shopping, supplements, nutrition recovery, and more.



To register, contact [eric.l.littman.naf@us.navy.mil](mailto:eric.l.littman.naf@us.navy.mil)

[navylifesw.com](http://navylifesw.com)

