

SEMPER FIT HEALTH PROMOTION Presents

TRAIN THE TRAINER

A class designed to give you the tools to teach required health & fitness training. This training includes the following topics fitness, weight management, suicide prevention, STD/HIV prevention, alcohol abuse prevention and much more. A CD with basic lectures on all topics will be given to participants.

Date: Jan 26-29, 2010
Apr 27-29, 2010
Aug 10-13, 2010
Dec 7-10, 2010

Time: 0730-1600

Location: Semper Fit Paige Fieldhouse, Bldg #1110

Please register by calling 763-3794/3793/0619.

For more information please call Semper Fit Health Promotion at 763-3794 or e-mail prestonnm@usmc-mccs.org

