

# 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:** Feb 10-13, 2009  
May 12-15, 2009  
Aug 11-14, 2009  
Nov 2-5, 2009

**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-mmcs.org](mailto:prestonnm@usmc-mmcs.org)

