

NUTRITION CLINIC CLASSES

- Must be a TRICARE beneficiary
- May self-refer
call TRI WEST to schedule:
1-800-404-4506
- Adult Weight Management
 - 2 classes, 1 per week for 2 weeks
- Cardiac 101, 201, 301
 - 3 classes
 - Eating and lifestyle to control cholesterol
 - Risk factors for heart disease

