

Caroline Olson, MA, CHES, CIC
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Health Promotion Manager

Health & Wellness Center

HAWC

Offutt AFB, Nebraska

(402) 294-5977

HAWC FITNESS HAPPENINGS

- GET FIT, RUN! –Fridays at 0630
- Tactical Fitness-Functional fitness program
totacfit@gmail.com
- Fitness Consults
- BOD PODS

HAWC NUTRITION HAPPENINGS

- Sports Nutrition and Supplements Class
- THE WEIGHT IS OVER-2nd Tuesday at 1200, 4th Thursday at 1530
- Intuitive Eating Symposium
- Nutrition Consults

OTHER HAPPENINGS

- ENERGY BALANCE-4th Thursday of the month at 1300
- TOBACCO INFORMATION SESSIONS-Every Thursday at 0800, except 3rd Thursday at 1500.
- Check us out on Facebook at www.facebook.com/offutthawc