

# NSA HAMPTON ROADS

## 2020 CFL, NOFFS & NUTRITION COURSES

### CFL CERTIFICATION COURSE

#### NSA HR - HEADQUARTERS

#### CFL CERTIFICATION COURSE

March 9 - 13  
Bldg. SC-400

#### MISSION NUTRITION WORKSHOP

Monday, August 17  
Tuesday, November 17  
Bldg. NH-45

#### NOFFS WORKSHOP

Friday, January 10  
Tuesday, April 21  
Thursday, July 16  
Bldg. SC-400

### MISSION NUTRITION COURSE

#### NSA HR - NORTHWEST

#### CFL CERTIFICATION COURSE

August 17 - 21  
Bldg. 65 Fitness Center

#### MISSION NUTRITION WORKSHOP

Thursday, February 20  
Tuesday, June 16  
Bldg. 65 Fitness Center

#### NOFFS WORKSHOP

Thursday, January 9  
Wednesday, April 22  
Thursday, December 10  
Bldg. 65 Fitness Center

### NOFFS CERTIFICATION COURSE

#### NSA HR - PORTSMOUTH

#### CFL CERTIFICATION COURSE

October 19 - 23  
River's Edge Community Center &  
Riverview Fitness Center

#### MISSION NUTRITION WORKSHOP

Wednesday, March 4  
Tuesday, November 10  
Riverview Fitness Center

#### NOFFS WORKSHOP

Wednesday, February 26  
Thursday, July 23  
Tuesday, September 22  
Riverview Fitness Center

*CFL courses are open to qualified active duty members, following CNIC approval.*

*NOFFS and nutrition courses are open to all DOD ID holders and their guests.*

To register for CFL courses visit the Navy Physical Readiness website:

[www.public.navy.mil/bupers-npc/support/21st\\_Century\\_Sailor/physical/Pages/default2.aspx](http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/physical/Pages/default2.aspx)

To sign up for Command Mission Nutrition or NOFFS classes, call:

PORTSMOUTH — 757-953-7024  
HEADQUARTERS — 757-836-1810  
NORTHWEST — 757-421-8257