



Fort Carson-MEDDAC News

Forrest Resiliency Center is open for business

By: Selinda Torbert, Forrest Resiliency Center

It's a new era on Fort Carson's Resiliency Campus! The Forrest Resiliency Center is proud to be part of the post's commitment to the wellness and resiliency of Soldiers, their Families, retirees and Department of Defense civilians.

As part of the campus' May debut, the Mountain Post Wellness Center was rededicated and became the Forrest Resiliency Center. Although the name is new, the promise to educate everyone on healthy lives and prevent problematic health issues is not.

Having moved from its old location near Army Community Services, the FRC is now in Building 1843 on Prussman Boulevard. Core programming focuses on healthy eating, exercise and stress management.

The center continues to offer classes on weight management with a focus on healthy lifestyles. A full fitness area is offered to I.D. cardholders as well as the opportunity to make an appointment for an 'exercise prescription'. A health coach will design and personalize an exercise plan just for a client!

Staff can also help with stress. Some reports suggest that up to 80-85% of most visits to the doctor's office can be related to uncontrolled stress. The Center's experts have essential tips and techniques on handling common stressors.

Finally, don't forget the importance of knowing your numbers! Walk-in blood pressure and cholesterol screenings at the FRC can be a life saver.

These are only a few of the things offered at the FRC. From tobacco cessation classes to running shoe analysis, there's much more to its services and opportunities! As an Army Wellness Center, education and prevention remain at the Center's core. Visit the new location or find out more by making an appointment at (719) 526-3887.