

Army Wellness Center in the Forrest Resiliency Center

Health Assessment Review

*ACSM Risk stratification
PAR-Q
Biometric Screening*

Physical Fitness

*Exercise Testing
Exercise Prescription
Running Shoe Assessment
Fitness Center*

Healthy Nutrition

*Metabolic Testing
Upping Your Metabolism
Weight Management
Health Nutrition Education*

Stress management

*Bio Feedback
Stress Relief Techniques
Good Sleep Hygiene*

General Wellness Education

*Self Care
Health Lifestyle Habits
Hypertension education/screening
(5 day checks)
Cholesterol education/screening*

Tobacco Education

*Tobacco Awareness
Tobacco Cessation (partnered with PCMH)*

Community Support and Educational Resource Center

For An Appt Please Call: 526-3887

Mission: Army Wellness Centers provide integrated and standardized primary prevention programs and services that promote enhanced and sustained healthy lifestyles to improve the overall well-being of Soldiers and Family members.

Vision: The destination of choice leading to healthy lifestyle changes, performance enhancement and resiliency readiness for life.