

Readiness Thru Health

It is the job of every soldier to be ready to deploy at a moment's notice. When the soldiers deploy, the civilians and Rear Detachment must step into the shoes of those who have gone. Then there are the families that also must continue with life as their loved one continues to defend our country. We believe that the way to success is to take care of ourselves and be "Ready thru Health!"

How it works: Choose a program that meets your needs, check the items that you would like us to bring to you and fill out the organization information. Contact the Health Promotion Coordinator to place your program order! We will bring the program to you!

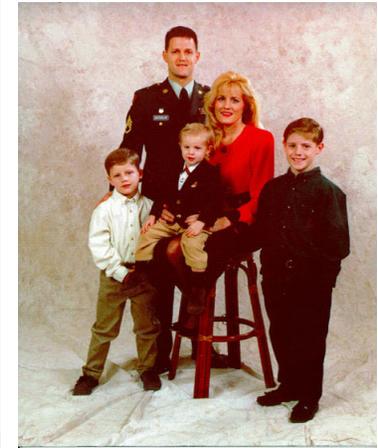


Wuerzburg MEDDAC Wellness Program

WMEDDAC Health Promotion and Wellness
ATTN: Preventive Medicine
Unit 26610
APO, AE 09244

CIV Phone: 0931-804-2202/3789 or DSN: 350-2202/3789
FAX: 350-2256
Email: Anna.Courie@wur.amedd.army.mil

WELLNESS WORKS



*Programs to
improve the well-
being of our
community,
families and
units.*

Wuerzburg Wellness

**CIV: 0931-804-2202/3789
or DSN: 350-2202/3789**

The Unit Program

- Injury Prevention
- Tobacco Cessation
- Stress Management
- HIV/AIDS/STDs
- Pregnancy/Postpartum Physical Training
- Power Performance Nutrition
- Cohesion During Combat
- Running Shoe Clinic
- Heart Rate/Blood Pressure/Body Fat and Flexibility Checks
- Dealing with Grief

***Is there something that you would like, but is missing? Just ask! We'll do our best to meet all your needs! You can mix and match services upon request. Looking for a Health Fair? We need 5 months advance notice for planning a special event!**

The FRG/Stairwell Program



- Nutrition and Weight Loss
- Fitness and Feeling Good
- Spiritual Fitness/Suicide Prevention
- Stress Management
- What's an FRG/FRL? AFTB
- Heart Rate/Blood Pressure/Body Fat Checks/Flexibility/Running Shoe Clinic
- My spouse is deploying. Where can I go for help?
- How to keep your child or teen drug free
- How do I talk to my teen about alcohol and drugs?
- Dealing with Grief

Requesting Organization: _____

Point of Contact: _____

Phone: _____

Email: _____

The Worksite Program

- Worksite Ergonomics: The Desk from Heaven
- Nutrition, Weightloss and Performance
- Stress Management
- Fitness and/or the Civilian Fitness Program
- Blood Pressure/Heart Rate Checks
- Worksite Violence
- Critical Incidence Stress Brief



WELLNESS WORKS

WMEDDAC Health Promotion and Wellness
 ATTN: Preventive Medicine
 Unit 26610
 APO, AE 09244
 CIV Phone: 0931-804-2202/3789 or DSN: 350-2202/3789
 FAX: 350-2256