

Helping You Achieve Your Sleep Goals... Army Wellness Centers

Contact your local Army Wellness Center (AWC) for a no-cost health assessment and learn how to create a basic sleep plan to improve both quantity and quality of sleep.

<http://phc.amedd.army.mil/organization/institute/dhpw/Pages/ArmyWellnessCentersOperation.aspx>



AWC
ARMY Wellness Center

Army Wellness Centers Serving Soldiers, Families, Retirees, and DA Civilians. If your installation does not have an AWC, contact your local Medical Treatment Facility (MTF) for other helpful health resources.



ARMY WELLNESS CENTER HELPING YOU ACHIEVE YOUR WELLNESS GOALS!

LEARN MORE ABOUT THE PERFORMANCE TRIAD: **SLEEP**, **ACTIVITY**, AND **NUTRITION**.
AT [HTTP://ARMYMEDICINE.MIL](http://ARMYMEDICINE.MIL)



**ARMY
FAMILY**
IS AN UNSTOPPABLE FORCE

