

# Helping You Achieve Your Activity Goals... Army Wellness Centers

Contact your local Army Wellness Center (AWC) for a no-cost health assessment and learn what exercise activities are best for you.

<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

