

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

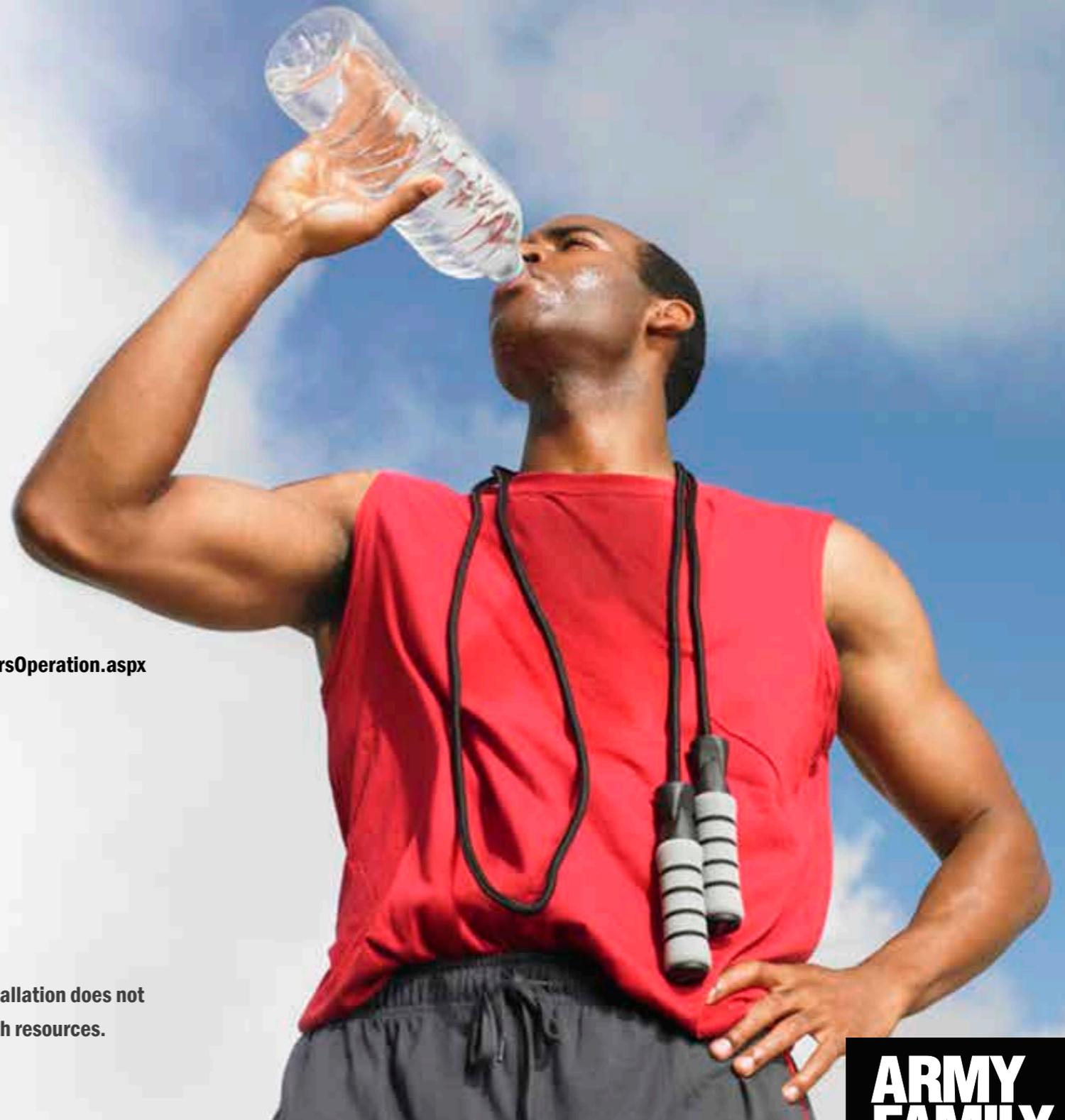
If you want to maximize your physical fitness, use the nutrition plan services at your local Army Wellness Center (AWC). Contact your local AWC for a no-cost health assessment.



AWC
ARMY Wellness Center

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

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

