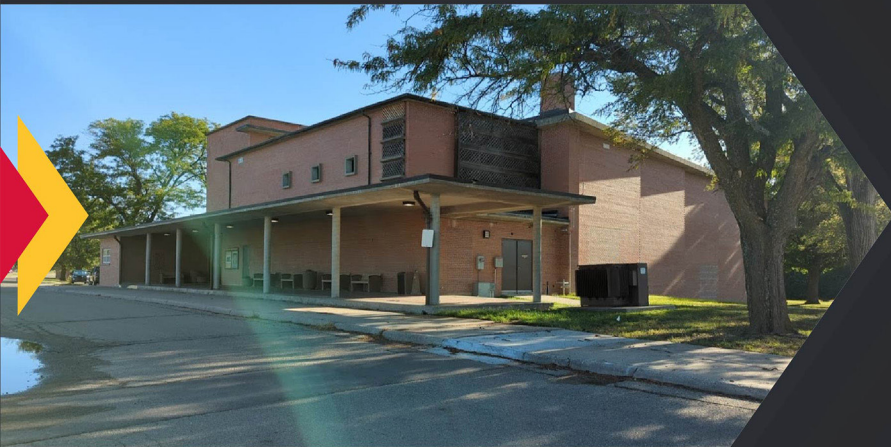




ARMED FORCES WELLNESS CENTER

Virtual Appointments Available

**785-239-9355**



## Armed Forces Wellness Center

- Health Coaching: goal setting, create healthy habits, overcome barriers
- Continual Assessments to help track progress and provide motivation
- Health education (Sleep, Activity, Nutrition, Stress Management)

# ARE YOU SETTING A **NEW YEARS RESOLUTION?**

*Let Us Help You!*



## Ready and Resilient Performance Center

Performance Centers provide customized performance and resilience training and education to sustain personal readiness, enhance resilience, improve human performance and build unit cohesion.

Training and individual assessments are available for active-duty military, reservists, guard members, Family members and DA Civilians.



Virtual Appointments Available

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**CENTER**