

Performance Triad Month!

DCPH-A HEALTH & WELLNESS COUNCIL CALENDAR

The Health & Wellness Council is proud to offer the following sessions for the month of August:



P3 Challenge

31 days of activities to include in your daily routine

Download a copy of our August P3 Challenge Calendar [here](#).



Monthly Wellness Walk/Run

Please Meet in the Parking Lot of E-1570, Edgewood

0630-0730 ET



Mindful Monday

With
Mr. Kanata Omori,
Master Resilience
Training-Performance Expert R2
Performance Center-NCR

1200-1230 ET



Healthy Eyes In the Work Place

With
Tri-Service Division
Conservation and
Readiness Group
Defense Centers for Public
Health – Aberdeen

1200-1300 ET



Zumba

With
Debbie Patton
Licensed Zumba Instructor
Stark Recreation Center
Edgewood and on MS TEAMS

1130-1215 ET



Management of Seasonal Allergies

With
Dr. Wayne Thomas Frank, MD
Allergist and Immunologist
Deputy to the Commander for
Preventive Medicine
Public Health Emergency
Officer (PHEO)
Kirk U.S. Army Health Clinic

1130-1215 ET



Performance Triad (P3)

Optimize Health with Sleep, Activity and Nutrition