



4102 Gladiator Street
Fort Rucker, AL 36362
334-255-3923

Open to Soldiers, Dependents, Retirees, and DA/DoD Civilians

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| Tues 8/6 at 1145
Stress Management | TUES 8/13 at 1145
Upping Your Metabolism | FRI 8/16 at 1300
Fueling for Health |
| TUES 8/20 at 1145
Healthy Sleep Habits | FRI 8/23 at 1145
Staying Fit Home and Away | TUES 8/27 at 1145
Upping Your Metabolism |
| | TUES 8/30 at 1145
Stress Management | |

- **Upping Your Metabolism** - Improve body composition and increase metabolism with very simple behavior changes.
- **Stress Management** - Learn about the impact stress has on your health, even if you may not feel stressed. Manage your stress and improve your focus and energy.
- **Healthy Sleep Habits** - Learn about the science behind sleep and the importance of sleep in performance. Explore methods and resources to achieve better quality sleep.
- ***Staying Fit Home and Away**: Develop an action plan for a home workout while incorporating all aspects of fitness
- ***Fueling for Health**: Learn the fundamental components of nutrition