



AWC
ARMY Wellness Center

ARMY WELLNESS CENTER

AWC's NO COST services include:

- ⇒ Sleep Education
- ⇒ Weight Management and Metabolic Testing
- ⇒ Exercise Testing and Exercise Prescription
- ⇒ Stress Management Education and Biofeedback
- ⇒ Nutrition Education
- ⇒ Wellness Coaching
- ⇒ Body Composition Analysis
- ⇒ Health Assessments

AWC Helping You Achieve Your Wellness Goals

Learn more at <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.

LEARN MORE ABOUT THE PERFORMANCE TRIAD: **SLEEP**, **ACTIVITY**, AND **NUTRITION**.
AT [HTTP://ARMYMEDICINE.MIL](http://ARMYMEDICINE.MIL)



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