



Learn more about the Performance TRIAD at [HTTP://ARMYMEDICINE.MIL](http://ARMYMEDICINE.MIL)



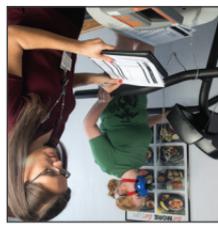
**Performance TRIAD**  
Education and Biofeedback  
Stress Management



Body Composition Analysis



Weight Management and Metabolic Testing



Exercise Testing and Prescription

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

These services would cost you approximately \$3,000 at a fitness center or any other private provider, so take advantage and schedule an appointment with your local Army Wellness Center today!

- 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

**NO COST services include:**

The best part is...you save thousands of dollars! AWC services don't cost you anything. Army Wellness Centers (AWCs) provide a holistic approach to mind and body wellness services that help achieve lifestyle change and prevent or alleviate chronic conditions including diabetes, heart disease, and stroke. The AWCs leverage state-of-the-art techniques and equipment to build and sustain health; serving Active Duty Service Members, adult Family Members, Retirees, and DA Civilians.

**Army Wellness Centers Can Enhance Your Sleep Quality, Increase Activity, and Improve Your Nutrition!**

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**ARMY FAMILY**  
IS AN UNSTOPPABLE FORCE



**Visit your local Army Wellness Center!**