

Blood Pressure Screening

Thursdays
1200-1500
in February



Healthy
Heart
Month

Provided by:
The Army
Wellness
Center

Balfour Beatty - 2/7
Wellness Center - 2/14
PX - 2/21
Jim Thorpe - 2/28

Wellness Learning Series

In partnership with Balfour Beatty the Army Wellness Center will be offering classes on:

January 22nd -Stress Management

January 29th –Importance of Exercise

February 5th -Balfour Beatty's Homemade Cleaning Supplies

February 12th -Nutrition for Adults and Children

Open to Everyone! Delaney Field Clubhouse 1:30-2:30 pm

Chance to win a fabulous prize at the end of the series!

Got Drugs?

Safely Dispose of Unwanted Medications

NATIONAL TAKE-BACK INITIATIVE

**Upcoming Take-Back Day — Saturday, April 27, 2013
(10:00AM - 2:00PM)**

Locations TBD

**Questions contact
Army Substance Abuse Office 245-4576 or
DES at 245-4115**



Counseling Resources

At Carlisle Barracks

Chaplain Family Life

717-245-3318

Military One Source

www.militaryonesource.mil

Behavioral Health

717-245-4602

Contact Military OneSource

1-800-342-9647

Military Family Life Consultant

717-205-9048

Military Crisis Line

1-800-273-TALK (8255)

Army Substance Abuse (ASAP)

717-245-3258

DoD Safe Helpline Sexual

Assault Support

1-877-995-5247

**CONVERSATION AND CULTURE
January and February - 2013**

Below is a schedule for C&C and other events for January and February. Keep your Tuesdays free for Conversation and Culture (C&C). Also, please remember to wear your nametags. C&C is for adults and children over the age of 18. Most ladies make childcare arrangements for their younger children. Children of IF students are welcome to attend. Please contact me if you have any questions or concerns.

Beth Woods

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Tuesday, January 8 Chapel. 12:00 – 2:00. Welcome back. Country Presentation for Canada and Mexico

Tuesday, January 15 Chapel. 12:00 – 2:00. Country Presentation for India and Macedonia

Tuesday, January 22 Chapel. 12:00 – 2:00. Country Presentation for Pakistan

Tuesday, January 29 Chapel. 12:00 – 2:00. IF spouses only! Menu tasting for March luncheon

Tuesday, February 5 Chapel. 12:00 – 2:00. Country Presentation for Malaysia and Germany

Tuesday, February 12 Chapel. 12:00 – 2:00. Country Presentation for Thailand and Korea

Tuesday, February 19 Chapel. 12:00 – 2:00. Country Presentation for Japan and _____

Tuesday, February, 26 Chapel. 12:00 – 2:00. TBD. Make up day for presentations or alternate program

WEATHER CONCERNS: A 2 hour delay for the Carlisle Area School District will NOT affect C&C. A school cancellation for the Carlisle Area School District will cancel C&C.

Other dates for your calendar:

<http://publicportal.carlisle.army.mil/sites/comcalendar/Pages/calendar.aspx>

Suitable Carlisle Area Meeting Spots for Spouse Gatherings:

1. Balfour Beatty's Delaney Field House (must have someone in your group residing in a BB property and present a security deposit to the BB staff).

2. Market Cross Pub, Carlisle
3. Bob Evans on Carlisle Pike
4. Panera Bread
5. Fiddler's at Mayapple Golf Course
6. Marcellos Italian Rest, Carlisle
7. The Pretzel Spot, North Spring Garden Rd.
8. Allenberry Playhouse/resort, Boiling Springs
9. Carlisle Coffee Shop, Walnut Bottom Rd.
10. Canady's Book Barn, possible coordination with owner's wife for Thai lunch, www.canadysbookbarn.com
11. Cornerstone Coffee, Camp Hill
12. Middlesex Diner, Rt 11 toward Mechanicsburg
13. The Carlisle Diner, W. High St.
14. Fayes Country Kitchen, S. Hanover St. Carlisle
15. The Carlisle Bakery, S. Hanover St. Carlisle
16. Root Hall Joint Deli (lunch until 1:30)
17. Root Hall Library
18. Mexican Restaurant (out the front gate)
19. AYA Restaurant (near Giant)
20. Murder Mystery Book Shop (Trindle Rd toward Mechanicsburg)