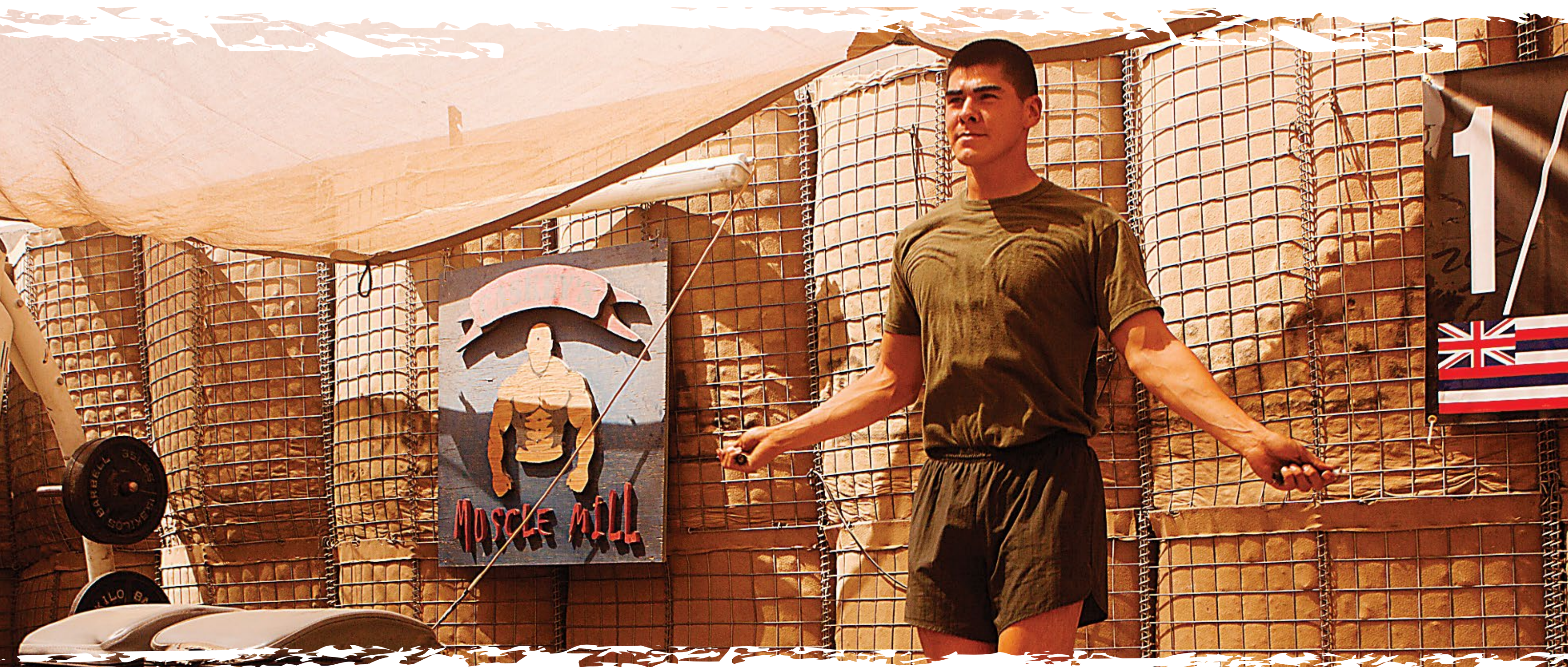




YOU SERVE. WE PROTECT.



Health Promotion and Wellness

The Navy and Marine Corps Public Health Center Health Promotion and Wellness Department and the Semper Fit Health Promotion and Fitness Programs provide innovative and evidence-based health promotion and wellness programs and services that facilitate combat readiness and resilience, prevent illness and injury, hasten recovery, and promote lifelong healthy behaviors and lifestyles.

For more information on your local resources, contact:

To learn how our resources and tools can help keep you fit for service and improve your overall health, visit us at [HTTP://WWW.MED.NAVY.MIL/SITES/NMCPHC/MARINES/PAGES/DEFAULT.ASPX](http://www.med.navy.mil/sites/nmcphc/marines/pages/default.aspx) and [HTTPS://WWW.MANPOWER.USMC.MIL/WEBCENTER/PORTAL/MRAHOME](https://www.manpower.usmc.mil/webcenter/portal/mrahome).