



Health *Performance*
Nutrition
Fitness



ARMY Wellness Center

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BIOFEEDBACK



BOD-POD



METABOLIC TESTING



Appointment Types:

- Body Composition Analysis
- Metabolic Testing & Nutrition Education
- Fitness Assessment
- Stress Management & Biofeedback
- Healthy Sleep Habits Education

FITNESS TESTING



**Building 442
844 Gulick Ave**

HOURS OF OPERATION

Monday – Friday 0730 – 1630
Lunch 1200-1300
Friday's staff Tng 1300-1600
For appointments and information
call 912-767-4077

ARMY Wellness Center

MISSION:

Army Wellness Centers provide integrated and standardized primary prevention programs and services that promote enhanced and sustained healthy lifestyles to improve the overall well-being of Soldiers and Family Members.

WHO WE SERVE:

- Active Duty U.S. ARMY SOLDIER
- Family Members (17 & older)
- Retirees
- DA Civilians

What are your goals?

Weight Loss
Increasing Physical Activity
Improving Body Composition
Decreasing Your Risk for Disease
Better eating habits
Stress Management
Tobacco Education

*It is our mission
at the AWC to
help you
achieve your
goals!*

FOR MORE
INFORMATION
CONTACT :

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