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Indiana National Guard opens Resilience Campus, Army Wellness Center

INDIANAPOLIS -- The Indiana National Guard, in collaboration with U.S. Army Medical Command, opened the Indiana Resilience Campus and Army Wellness Center during a ceremony at Camp Atterbury today.

"Our hope and focus is that this center will impact the wellness not only for the period the Soldier is serving, but for the rest of their life," said Maj. Gen. David E. Wilmot, Deputy Surgeon General for National Guard, Department of the Army.

The U.S. Army and the Indiana National Guard have identified reoccurring issues within its ranks that undermine mission readiness. To combat these issues, the Resilience Campus offers five critical programs to overall health: Resilience Services, Fitness and Wellness, the Army Wellness Center, Service Member for Life and Guarding Your Future.

These programs will be available to those serving, transitioning from military service to civilian life, retirees, Department of the Army civilians and their family members.

"Our top priority and top focus is to help our Soldiers and their families become more physically fit and to help them build or enhance healthy lifestyle choices," said Carr.

The center and campus will improve personal readiness of Indiana National Guard soldiers through services such as family counseling, financial management, substance abuse, spiritual fitness, suicide prevention, master fitness training program, individualized physical training programs, health assessment, healthy nutrition, stress management, career management, education benefits, job classification, retiree services, transition assistance and family assistance center.

"This can change lives," added Carr.