**MEDDAC Minute**

**26 Week Health Challenge –** Enhance health with sleep, activity and nutrition by taking the Performance Triad 26 Week Challenge. Think about what motivates you to live a healthier lifestyle.

Week 11: Sleep – Hungry before bed? Having a light snack, such as milk and crackers, can be helpful to curb hunger, but avoid eating a large meal close to bedtime.

Activity – Invite your family and friends to join you. Pick a physical activity you an do with your spouse, friends or kids.

Nutrition – Eating a variety of seafood can help prevent heart disease. Make seafood your main protein for two meals this week.

**Handling Food?** – Anyone serving food on post, including bake sales, must have a valid food handlers card. The card, valid for one year, can be obtained from Preventive Medicine at Bldg. 4077, adjacent to Bassett ACH. The Food Handler’s course slides can be found and studied on our website at <http://www.alaska.amedd.army.mil/Preventive_Med/Preventive_Medicine.htm>. After reviewing the slides, a proctored test must be taken and passed with a 70% or better. Call 361-5182 for test times and more information.

**A Great Place To Work –** MEDDAC-AK has job openings for both clinical and non-clinical positions here at Ft. Wainwright. To view job openings go to [www.usajobs.gov](http://www.usajobs.gov).

**Animals Need Love Too –** The Ft. Wainwright Veterinary Treatment Facility is available for wellness visits and basic sick call visits 8:30 a.m. to 4:30 p.m. Monday through Friday. To schedule an appointment or for more information on services, call 361-3013.

**Patients Only** **Please**– For safety reasons, only patients requiring lab work and radiology services will be permitted in the exam area. Patients under the age of 18, however, may be accompanied by a guardian.

**Walk-in Clinic –** Beneficiaries 18 and older- can utilize the Walk-in Clinic Nurse option when needing to be seen for strep throat screening, urinary tract infection screening, pregnancy testing, blood pressure monitoring, suture removal, wart removal and sexually transmitted disease checks. The clinic is open 0730 to 1130 and 1300 to 1530, Monday through Friday. For more information call 361-5833.