Call us at 334-255-3923 to schedule a special Healthy Sleep Habits Class at a location/date/time of your choosing!

4102 Gladiator Street
Fort Rucker, AL 36362
334-255-3923

June 2019 Class Schedule. AWC Services in BLDG 4102 are Free for Soldiers, Dependents, Retirees, and DA/DoD Civilians

THURS 6/13 at 1100
Stress Management

THURS 6/27 at 1100
Upping Your Metabolism

TUES 6/4 at 1145
Upping Your Metabolism

TUES 6/18 at 1145
Healthy Sleep Habits

- **Upping Your Metabolism** - Improve body composition and increase metabolism with very simple behavior changes.
- **Stress Management** - Learn about the impact stress has on your health, even if you may not feel stressed. Manage your stress and improve your focus and energy.
- **Healthy Sleep Habits** - Learn about the science behind sleep and the importance of sleep in performance. Explore methods and resources to achieve better quality sleep.
- **Exercise Prescription and Goal Setting** – Understand what results from AWC appointments mean. Learn and apply general recommendations in exercise, nutrition, and recovery to create a healthy lifestyle geared to improve your performance and meet your goals.
- **Results/Health Coaching**—Pick up and review results from your assessments and/or discuss health/fitness questions and develop an action plan to meet your goals with a certified Health Coach.