

Core programs offered at AWCs

The AWC approach to service is holistic. AWC staff members take into account all of an individual's physical, psychological and social circumstances when providing services. A holistic approach is important because a person's health cannot be fully addressed unless we consider the whole person.

Health Assessment Review

An analysis of a person's health status, risk for disease, and ability to increase physical activity safely.

General Wellness Education

Classes on topics such as healthy lifestyles, **good sleep habits**, increased resiliency, preventing chronic disease through healthy living habits, and self-care.



Physical Fitness

Using state-of-the-art equipment, physical fitness level is assessed and used to create an individualized exercise prescription.



Healthy Nutrition

Use of metabolic testing that synchronizes an individual's resting metabolic rate to provide tailored strategies for weight loss, gain or maintenance.



Stress Management

Education in biofeedback, stress relief techniques, and positive coping skills.

Tobacco Education

An assessment of an individual's readiness to change with a discussion of possible options for becoming tobacco-free.

The Best Part is... AWC Services Don't Cost You Anything!

- Sleep Education
- Weight Management and Metabolic Testing
- Exercise Testing and Exercise Prescription
- Stress Management Education and Biofeedback
- Nutrition Education
- Wellness Coaching
- Body Composition Analysis
- Health Assessments

These services would cost you approximately \$3,000 at a fitness center or civilian provider, so take advantage and schedule an appointment with your local Army Wellness Center today!



RHCE Army Wellness Centers Contact Information

AWC Bavaria	DSN (314) 476-4795 CIV 011-49-9662-83-4795
AWC Landstuhl	DSN (314) 590-5881 CIV 011-49-6371-946-45881
AWC Stuttgart	DSN (314) 590-1601 CIV 011-49-6371-9464-1601
AWC Vicenza	DSN (314) 634-8186/8421 CIV 0444-71-8186/8421 DSN (314)
AWC Wiesbaden	590-1478 CIV 001-49-6371-9464-1478



Performance TRIAD

Learn more about the Performance TRIAD at
[HTTP://ARMYMEDICINE.MIL](http://ARMYMEDICINE.MIL)

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AWC

ARMY WELLNESS CENTER



Health
Assessment
Review

General
Wellness
Education

Physical
Fitness

Healthy
Nutrition

Stress
Management

Tobacco
Education

