

# Forrest Resiliency Center

*Services are open to all Active Duty , Family Members, Retirees, and DoD Civilians*

## **Health Assessment Review**

*Personal Wellness Profile (PWP)*

*PAR-Q*

*Biometric Screening*

*5 Day Blood Pressure Checks (walk- ins)*

## **Tobacco Education**

*Tobacco Prevention Awareness  
& Education*

*Classes offered multiple times a week*

*Treatment program and support provided  
by Resiliency Staff and Patient Centered*

## **Stress management**

*Stress Relaxation Room ( full body  
massage table and chair)*

*Good Sleep Hygiene*

*Bio Feedback*

*Stress Management Education*

## **Physical Fitness**

*Exercise Testing*

*Exercise Prescription*

*Running Shoe Assessment*

*Fitness Testing Lab*

*Fitness Center*

## **Healthy Nutrition**

*Group Life Balance (group  
weight loss class)*

*Health Nutrition Education*

*Weight Management*

*Metabolic/MetaCheck Testing Labs*

## **General Wellness Education**

*Self Care*

*Hypertension education classes*

*Cholesterol educational classes, and  
screenings*

*Civilian Wellness Program (CWP)*

## ***Community Support and Educational Resource Center***

**For An Appt Please Call: 526-3887**

**Mission:** To embrace the Military Community through a World Class health experience focused on fitness of mind, body and spiritual wellness.

**Vision:** The destination of choice leading to healthy lifestyle changes, performance enhancement and resiliency readiness for life.