



**Health** *Performance*  
Nutrition  
*Fitness*

**ARMY Wellness Center**

**AWCs and YOU**

*You set the goals; the AWC staff puts you on the health path to achieving them and walks the path with you.*

*Programs are FREE!  
From private sources this testing would cost you about \$3000*

**Who do we serve?**

- Active Duty (All Branches)
- Family Members
- Retirees/Veterans
- DA Civilians

**\*Self-Referral,**

Medical Referral, ACFT Failure, Unit Referral\*

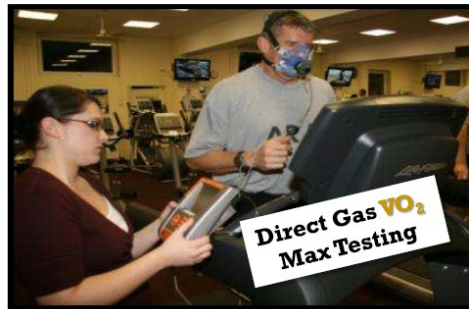


**Location & Hours**

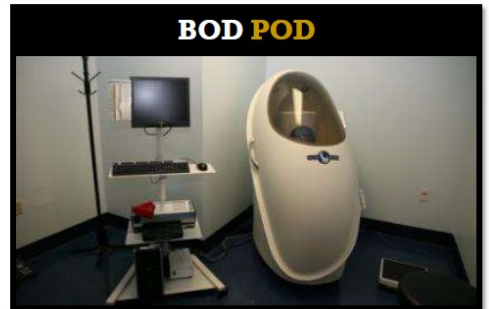
2415 Carrington Road  
Fort Bliss, Texas 79916  
Mon-Fri 06:30-15:30  
Lunch 12:00-13:00

**Social Media**

Facebook.com/FortBlissAWC  
Instagram - @FtBlissAWC  
Twitter - @FortBlissAWC



**Stress Reduction with Biofeedback**



***What are your goals?***

- Weight Management (Loss/Gain)
- Increasing Physical Activity
- Improving Body Composition
- Decreasing Your Risk for Disease
- Better Eating Habits
- Stress Management
- Tobacco Education

***It is our mission at the AWC to help you achieve your goals!***

**Make Your Appointment Today!**

**Call: (915) 742-9566**

