<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
</tr>
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<tbody>
<tr>
<td>UYM: 1100</td>
<td>HSH: 1100</td>
<td>UYM: 1100</td>
<td>ISME: 1100</td>
</tr>
<tr>
<td>UYM: 1100</td>
<td>NO CLASSES</td>
<td>UYM: 1100</td>
<td>SFHA: 1100</td>
</tr>
<tr>
<td>NO CLASSES</td>
<td>HSH: 1100</td>
<td>UYM: 1400</td>
<td>ISME: 1100</td>
</tr>
<tr>
<td>UYM: 1100</td>
<td>FFH: 1100</td>
<td>UYM: 1100</td>
<td>SFHA: 1100</td>
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<tr>
<td>UYM: 1100</td>
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<td>UYM: 1100</td>
<td>ISME: 1100</td>
</tr>
</tbody>
</table>

**HAVE A CAC?** You are required to fill out your Health and Wellness Questionnaire (HWQ) prior to your appointment. HWQs are updated every 30 days: awc.army.mil

We will not accept paper copies of the HWQ from those with CAC enabled computer access. This includes all classes and assessments.

Those *without* a CAC, arrive 15 minutes early to fill out the HWQ.

All AWC services are open to Active Duty, Active Duty Dependents, Retirees, Reservists,

**UYM-** Upping Your Metabolism  
**HSH-** Healthy Sleep Habits  
**FFH-** Fueling For Health  
**SFHA-** Staying Fit Home and Away  
**ISME-** Stress Management Education

**Fort Bragg AWC**  
Bldg. 2-2015 Jackson St. 910-643-2101

**HOURS OF OPERATION**  
MONDAY-THURSDAY 0700-1600  
FRIDAYS 0700-1230  
CLOSED DAILY 1230-1330
GENERAL WELLNESS EDUCATION

Upping Your Metabolism
Learn how to increase your metabolism using the metabolic test results.

Healthy Meals in Minutes
Examine tools and strategies to get healthy meals on the table quickly.

Individual Stress Management Education
Define stress and explore the impact of stress on health and wellness.

Healthy Sleep Habits
Explore methods and resources for achieving better quality of sleep.

Fueling for Health
Learn the fundamental components of nutrition.

Staying Fit Home and Away
Develop an action plan for a home workout while incorporating all aspects of fitness.

Retire Strong
Learn benefits of remaining active and healthy for Retirees.

WE’RE ON THE WEB: @AWCFORTBRAgg