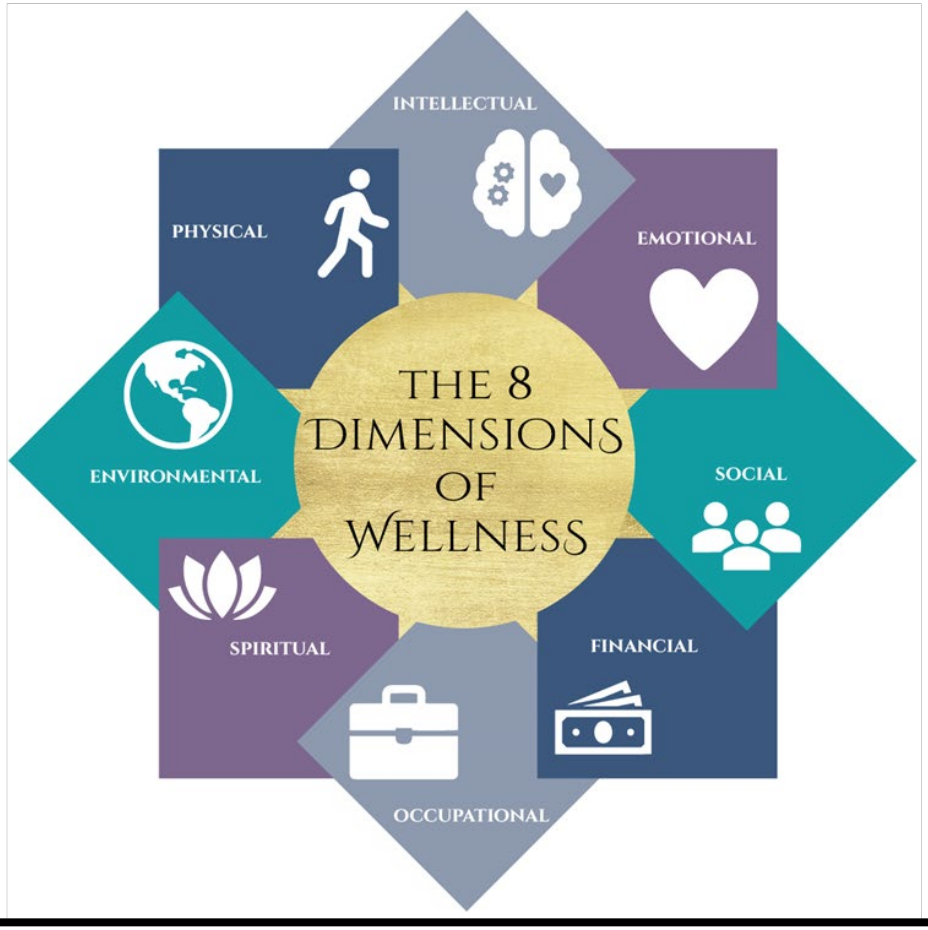
WELCOME TO THE JANUARY'S COMMUNITY LEADER INFORMATION FORUM (CLIF)

TOPIC: WELLNESS



WELCOME

FORT BENNING GARRISON COMMAND

COMMUNITY CALENDAR UPDATE

https://mec.high.powerappsportals.us/community-calendar/

Community Leader Information Forum (CLIF) Events Calendar

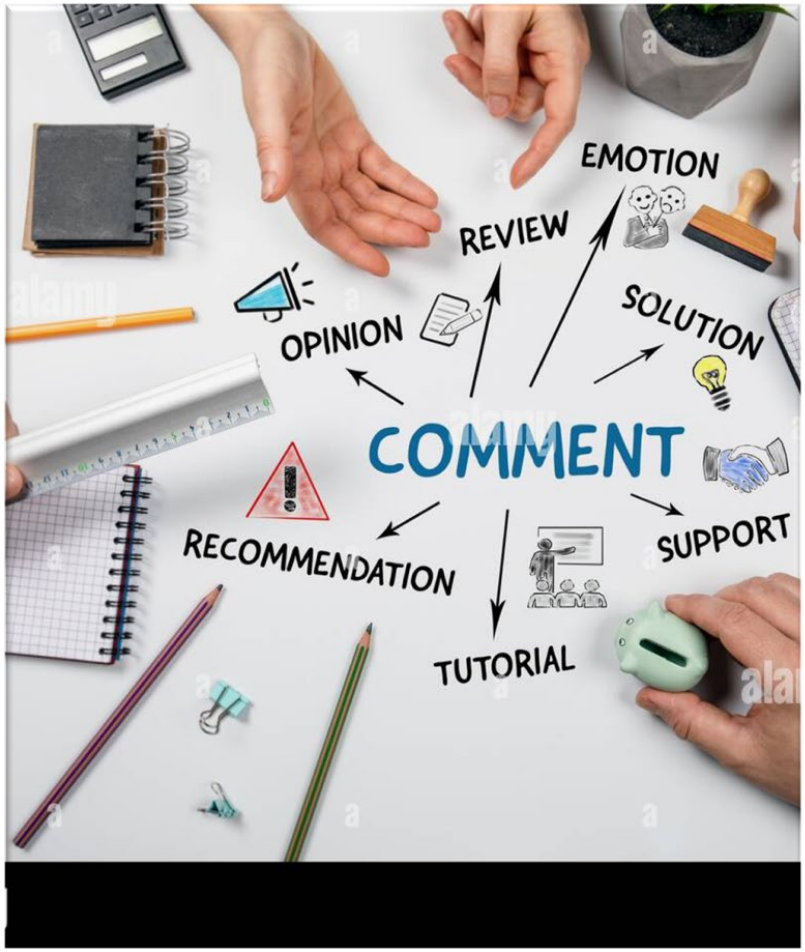
January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 • *New Year's Holiday*	2 • *New Year's Federal Holiday*	3	4	5	6	7
Post Half-Day Schedule (19 December 2022 – 4 January 2023) / Holiday Block Leave Period (19 December 2022 – 4 January 2023)						
8	9	10 • Community Leader Information Forum (CLIF) (Wellness) – ACS Auditorium Bldg. 7 (1030-1200)	11	12	13 • *Martin Luther King Day Training Holiday*	14
15	16 • *Martin Luther King Day Federal Holiday*	17 • MCoE Quarterly Retirement Ceremony – Marshall Auditorium (1030-1200)	18 • Martin Luther King Day Observance – Marshall Auditorium – (1100-1200) • Walking Town Hall – (TBD) (1600-1730)	19	20	21
22	23	24	25	26	27 • CG's Golf Scramble – Fort Benning Golf Course – (1200-1600)	28 • Decade Dash – Doughboy Stadium (0900-1100)
29	30	31				

Community Leader Information Forum (CLIF) Events Calendar

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 • MCoE CSM RoR (T) (TBD) (1100-1230)	2	3	4
5	6	7 • Community Leader Information Forum (CLIF) (Spring Break Fun) – ACS Auditorium Bldg. 7 (1030-1200)	8	8	10 • Hall of Heroes Ceremony (Invite Only) – Bldg. 359 (1000-1100)	11
12	13	14	15 • Walking Town Hall – (TBD) (1600-1730)	16	17 • *President's Day Training Holiday*	18
19	20 • *President's Day Federal Holiday*	21	22 • Black History Month Observance – Marshall Auditorium (0800-1700)	23	24 • CG's Golf Scramble – Fort Benning Golf Course – (1200-1600)	25 • Shot to the Heart 10Kish Trail Run – Knappenburger Field (0800-1100)
26	27	28 • Spouse Leadership Seminar– Fenty Conference Room (0845 -1500)				


EMOTION
REVIEW
OPINION
SOLUTION
COMMENT
RECOMMENDATION
SUPPORT
TUTORIAL

DISCUSSION

Guest
SPEAKERS

Women's Health

Martin Army Community Hospital

January 2023

WOMEN'S HEALTH SERVICE LINE

Women's Health Clinic (OB Care)

Routine Prenatal care and delivery, to include non-stress tests, and other nurse visits. Our Midwife manages care of a select population throughout the entire pregnancy and post-partum period. Our 7 OB/GYN physicians provide a range of Prenatal care that can be co-managed with local Maternal Fetal Medicine specialists if necessary. We provide comprehensive care for first trimester pregnancy complications to include ectopic pregnancies and miscarriages. Our surgeons are certified through the American Board of Obstetrics and Gynecology to provide surgery for a wide range of conditions, to include:

- Sterilization (tubal ligation)
- Hysterectomy
- Fibroid removal (myomectomy)
- Cesarean deliveries
- Operative vaginal delivery (forceps or vacuum)
- Cervical cerclage placement and removal
- Dilation and curettage

WOMEN'S HEALTH SERVICE LINE

Women's Health Clinic (GYN Care)

Our physicians provide basic medical and surgical management of urinary incontinence and pelvic floor disorders. For complex urogynecological and cancer cases, we have a Case Manager to help coordinate care with local and regional urogynecology and GYN oncology care. Our physicians routinely provide the following care and/or surgical procedures:

- Contraception counseling and procedures (IUDs, Nexplanon Insertion),
- Limited infertility work up and treatment,
- Well Woman exams,
- Management of dysfunctional bleeding with medication/ablation,
- Management of abnormal cytology (colposcopy/LEEP Procedures)
- Use of pessaries, treatment of pelvic infections, and treatment of abscesses.
- General gynecologic care.
- Microscopic tubal anastomosis,
- Hysterectomy (abdominal, vaginal, laparoscopic),
- LEEP, Endometrial ablation,
- Diagnostic/operative laparoscopy,
- Primary incontinence procedures,

WOMEN'S HEALTH SERVICE LINE

Walk-in Contraception Clinic

- Began 4 NOV 2022
- Women's Health Clinic, 5th Floor
- Active Duty only
- No appointment required
- Wednesday, 0800-1200

WOMEN'S HEALTH SERVICE LINE

Labor and Delivery Unit

Our state-of-the-art 5-bed labor and delivery unit comes complete with a designated 3-room triage area. We average 50 new births monthly and provide care to over 200 triage patients monthly. Our unit has a dedicated operating room and an anesthetist on deck for scheduled and unplanned procedures. We deliver at 36 weeks or greater and in addition to traditional deliveries, we also offer midwifery services. Our contemporary facilities create an atmosphere of comfort for excited parents-in-waiting.

WOMEN'S HEALTH SERVICE LINE

Post-Partum Hemorrhage Bundle

MACH is 100% compliant with the evidence based DHA Protocol for early recognition and treatment of PPH:

Stage Based Checklist
Risk Assessment
Quantitative Blood Loss (QBL)
OB Emergency Cart
Massive Transfusion Protocol (MTP)
Oxytocin Protocol
Staff/Patient Education
Staff Simulation Drills

WOMEN'S HEALTH SERVICE LINE

BREASTFEEDING SUPPORT

FORT BENNING

As a result of the Childbirth and Breastfeeding Support Demonstration (CBSD), we have added two network providers (in addition to Natural Choice Birth & Breastfeeding) for appointments with TRICARE beneficiaries with no cost-shares.

Eligible for up to six visits including one prenatal visit after 27 weeks gestation

Sessions can be conducted virtually through secure telemedicine platforms – you can set up a visit while you are in the hospital (Natural Choice is in-person only)

Must be through a TRICARE-certified provider. Non-network providers require a referral from their Primary Care Manager (PCM)

**Breastfeeding Support Group: Meets 1000-1200 Every Thursday. WHC Conference room, 5th Floor.

CONTACT

AEROFLOW HEALTHCARE

(888) 732-3979

lactation@aeroflowbreastpumps.com

SimpliFed

(844) 799-0538

simplifed.com/TRICARE

NATURAL CHOICE birth and breastfeeding

(706) 610-4332

WOMEN'S HEALTH SERVICE LINE

Mother Baby Unit:

- 12 bed unit with single private inpatient rooms, newborn room-in with mom.
- Our team consists of obstetricians, pediatricians, family practice providers, midwives, nursing staff all working together to deliver high-quality collaborative health care.
- Patient population consists of low risk postpartum patients and their newborns and stable GYN-Surgical patients.
- Nursing staff provides breastfeeding support, facilitates virtual appointments with lactation consultants through secure telehealth platforms and referrals are offered for local in-network lactation consultants.

WOMEN'S HEALTH SERVICE LINE

Level 1 Well-Newborn Nursery:

- Provide neonatal resuscitation for newborn emergencies.
- Evaluate and provide postnatal care to stable term newborn infants as early as 36 weeks gestation.
- Stabilize and manage mild health problems in infancy to include jaundice, mild hypoglycemia and respiratory problems expected to resolve.
- At 24hrs of life following screenings performed: newborn metabolic screening, hearing screening and Critical Congenital Heart Disease.
- Respiratory capabilities: CPAP, PPV, Mechanical Ventilation for up to 4hrs until transfer to higher level of care.
- Provide IV glucose stabilization for hypoglycemic newborns up to 5 days prior to transfer to higher level of care.
- Complete surgical infant circumcisions.
- Provide IV antibiotic treatment for newborns at risk for neonatal sepsis.

WOMEN'S HEALTH SERVICE LINE

HOW TO ACCESS CARE

Women's Health Clinic: All care is initiated by your Primary Care Manager, who will submit a referral to our Specialists. You will be contacted within 7-days of receipt of the referral by our schedulers.

For all inquiries or to schedule a follow-up appointment, call 762-408-2273; opt 3-1-4

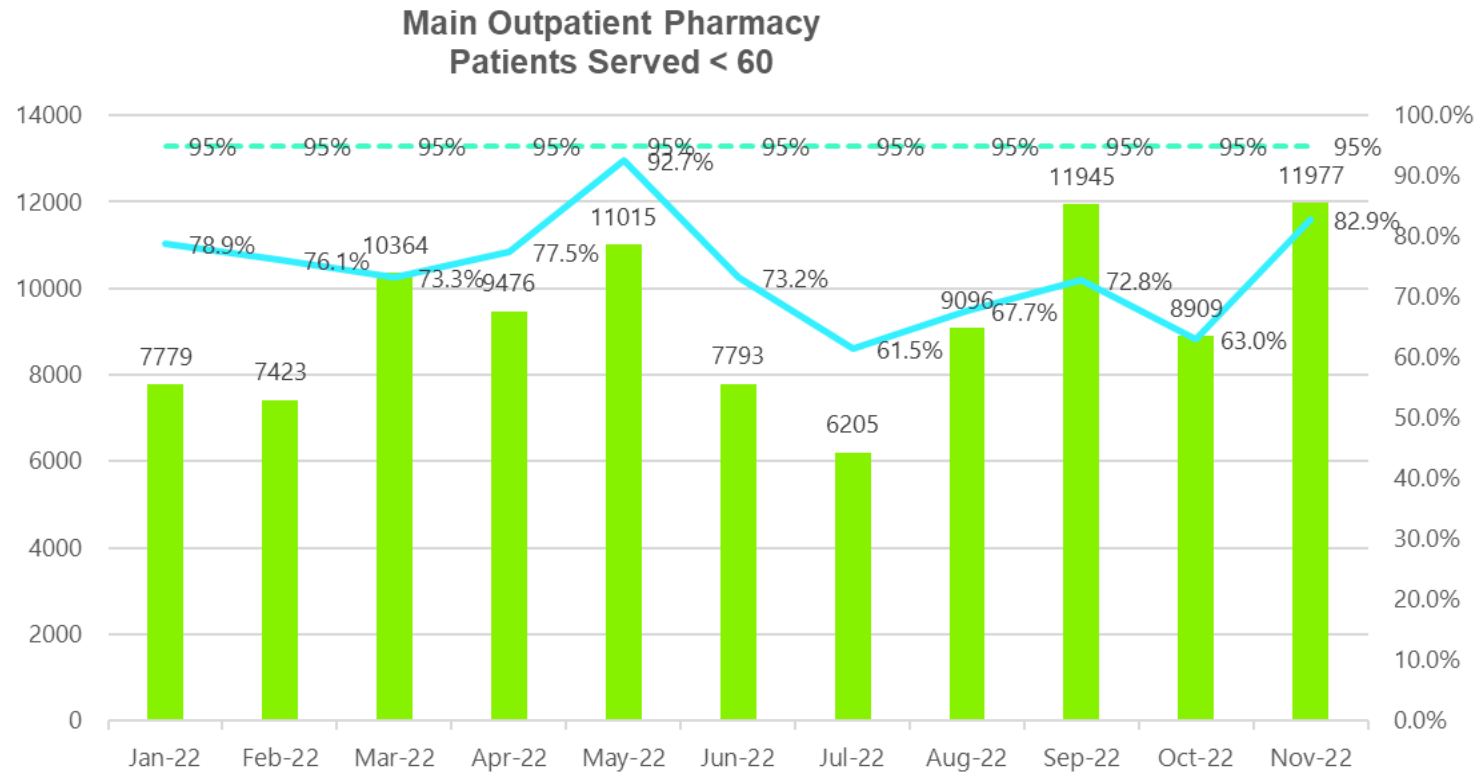
Normal business hours are Mon-Fri 0730-1630
Triage Nurse available: 762-408-5092

Labor and Delivery Unit: 24/7 Urgent/Emergent Obstetric care 20 weeks or greater gestation; 762-408-5077

Pharmacy

DEFENSE HEALTH AGENCY
PRO CURA MILITIS
DEPARTMENT OF DEFENSE

DEDICATION TO OTHERS



	Jan-22	Feb-22	Mar-22	Apr-22	May-22	Jun-22	Jul-22	Aug-22	Sep-22	Oct-22	Nov-22
# patients <60 min	7779	7423	10364	9476	11015	7793	6205	9096	11945	8909	11977
% of patients < 60 min	78.9%	76.1%	73.3%	77.5%	92.7%	73.2%	61.5%	67.7%	72.8%	63.0%	82.9%
98%	95%	95%	95%	95%	95%	95%	95%	95%	95%	95%	95%

patients <60 min % of patients < 60 min 98%

Defense Health Agency
ANALYTICS AND EVALUATION DIVISION

Martin Army Community Hospital, Pharmacy, beginning January 1, 2023, will take 2 business day to process hard copy (paper) prescriptions. Please give the flyer to your provider.

DEAR PRESCRIBER, MILITARY PHARMACIES ACCEPT
ELECTRONIC PRESCRIPTIONS

Search for Military Pharmacies by Using "DoD SITE NAME PHARMACY"

- All military pharmacies that accept electronic prescriptions start with "DoD" and are published by Surescripts® electronic prescribing network.

View eRx enabled pharmacies at:
www.health.mil/eRx

Save Time and Help Prevent Medication Errors

- Electronic prescriptions travel instantaneously from your office to our military pharmacies.
- The electronic prescription process adds increased patient safety by preventing medication errors.

Save Your Patients Time and Money

- Save patients an extra trip to the pharmacy by sending their prescriptions electronically.
- There is a $0 copay for all forumlary drugs at military pharmacies.

View the TRICARE Formulary at:
www.tricare.mil/pharmacyformulary

TRICARE®

Reminders

- ✔ Tell your patients to let our pharmacy staff know that their prescription was sent electronically from your office.
- ✔ NEW! You can now E-prescribe controlled substances to some military pharmacies.* Visit www.health.mil/eRx to see a list of participating pharmacies.

*All controlled substance prescriptions shall be dated and signed the day they're issued. The prescription includes the name and address of the patient, drug name, strength, dosage form, quantity prescribed, and directions for use. It'll also have the name, address and registration number of the patient's provider.

Send prescriptions to:

DoD FT BENNING PHARMACY

Department of Defense (DoD) Electronic Prescribing Pharmacy Name (Please format: "DoD *SITE NAME HERE* PHARMACY")

Pharmacy Phone Number

1165326 NCPDP / 1174936942 NPI

Pharmacy NCPDP/NPI Number

www.tricare.mil/pharmacyformulary

Military Pharmacy Formulary Location

This Military Pharmacy ☑ Does ☐ Does Not Accept Electronic Prescriptions for Controlled Substances.

Behavioral Health

Behavioral Health Update

- January to March historically yields higher utilization for Behavioral Health services across Fort Benning
  - Post-holiday financial stress
  - Relationship difficulties
  - Substance misuse
- MACH's Department of Behavioral health is currently short adolescent prescribing capabilities due to an Overseas Tasker, will likely receive community referral
  - Normal operations will resume in May 2023
- FAP has resumed offering Marital Therapy services, until capacity is met

Active Duty Access

- Crisis: MACH Emergency Room or Closest Emergency Room or dial 911
- On-post walk-in or to schedule an appt: Aligned Clinic, numbers are on next slide
- MFLC: 706-366-6702 (hospital); 706-566-1033 (MCOE)
- Chaplains after hours number is 706-545-2218
- MilitaryOneSource
- Integrated Behavioral Health Providers in Primary Care Clinics

The National Suicide Prevention Lifeline is now: 988 Suicide and Crisis Lifeline

Dependents' Access

- Crisis: MACH ER or Closest ER or dial 911
- On-post walk-in or to schedule an appt: Child and Family BH Services, on MACH's 4th floor 762-408-4073
- Bradley Center: 706-320-3700
- Telemynd (Virtual) at 1-866-991-2103 or https://www.telemynd.com/military
- MFLC: 706-366-6702 (hospital); 706-566-1033 (MCOE)
- Chaplains after hours number is 706-545-2218
- MilitaryOneSource
- Integrated Behavioral Health Providers in Primary Care Clinics
- Dependents can also go off post without a referral, it is a part of the Tricare agreement. If they are told they need a referral, please report the agency to Referral Management.

NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-TALK (8255) suicidepreventionlifeline.org → 988 SUICIDE & CRISIS LIFELINE

The National Suicide Prevention Lifeline is now: 988 Suicide and Crisis Lifeline

DBH Points of Contact

Installation Director of Psychological Health:
LTC Shin, Julie at 762-408-4118

Deputy Chief, Department of Behavioral Health:
LTC Wesseler, Mark at 762-408-4127

Inpatient Behavioral Health:
MAJ Mangal, Jed at 762-408-4126

Multi-D Team Lead (4th floor BMACH):
Ms. Setka, Alison at 762-408-4009

Community Mental Health Services (Sand Hill):
LTC Lopez, Isaac at 706-544-8245

Embedded Behavioral Health Clinic (by Freedom Hall):
MAJ McCabe, Amanda at 706-545-7010

Child and Family Behavioral Health Services (4th floor BMACH):
MAJ Farmer, Britney at 762-408-4073

Family Advocacy Program (4th floor BMACH):
Ms. Howell, Deborah at 762-408-407

AWC

ARMY WELLNESS CENTER

Army Wellness Centers

Increasing Performance and Resiliency through AWCs

Hours of Operation: Monday-Friday 0700-1600
(706) 544-9142
7919 Marne Rd. Bldg 9257
Fort Benning, GA

Army Wellness Center Mission

Army Wellness Centers provide integrated and standardized primary prevention programs and services that promote enhanced and sustained healthy lifestyles to improve the overall well-being of Soldiers and Family Members.

- Enhance the "system for health"
- Lower risk factors for preventable disease
- Increase wellness, performance, and resiliency
- Improve efficiencies through integration

Body Composition

SUBJECT INFORMATION

NAME	Richard Hoke
AGE	45
GENDER	Male
HEIGHT	68.0 in
ID_1	
ID_2	
ETHNICITY	Af. Am./Black
OPERATOR	richhoke
TEST DATE	May 16, 2013
TEST NUMBER	4420

BODY COMPOSITION RESULT

% FAT	16.6	%
% FAT FREE MASS	83.4	%
FAT MASS	28.773	lb
FAT FREE MASS	144.214	lb
BODY MASS	172.987	lb
BODY VOLUME	73.969	L
BODY DENSITY	1.0608	kg/L
THORACIC GAS VOLUME	3.874	L

OPERATOR COMMENTS

TEST PROFILE

DENSITY MODEL	Siri
THORACIC GAS VOLUME MODEL	Predicted

Body Fat: A certain amount of fat is absolutely necessary for good health. Fat plays an important role in protecting internal organs, providing energy, and regulating hormones. The minimal amount of "essential fat" is approximately 3-5% for men, and 12-15% for women. If too much fat accumulates over time, health may be compromised (see table below).

Fat Free Mass: Fat free mass is everything except fat. It includes muscle, water, bone, and internal organs. Muscle is the "metabolic engine" of the body that burns calories (fat) and plays an important role in maintaining strength and energy. Healthy levels of fat-free mass contribute to physical fitness and may prevent conditions such as osteoporosis.

BOD POD Body Fat Rating Table*

**Applies to adults ages 18 and older. Based on information from the American College of Sports Medicine, the American Council on Exercise, Exercise Physiology (4th Ed.) by McArdle, Katch, and Katch, and various scientific and epidemiological studies.*

	BODY FAT RATING	MALE	EXPLANATION
	Risky (high body fat)	> 30%	Ask your health care professional about how to safely modify your body composition.
	Excess Fat	20.1 - 30%	Indicates an excess accumulation of fat over time.
X	Moderately Lean	12.1 - 20%	Fat level is generally acceptable for good health.
	Lean	8.1 - 12%	Lower body fat levels than many people. This range is generally excellent for health and longevity.
	Ultra Lean	5 - 8%	Fat levels often found in elite athletes.
	Risky (low body fat)	< 5%	Ask your health care professional about how to safely modify your body composition.

Metabolic Testing

Personal Weight Management

My Body

Rest Metabolic Rate (Kcal/day)

2271

Slow	Normal	Fast
< 1883	1883 - 2497	> 2497

RMR (Resting Metabolic Rate) is the daily amount of calories burned to maintain vital body functions.

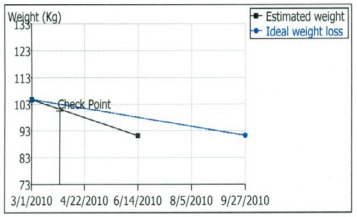
Body Mass Index (Kg/m^2)

30.5

Under w.	Normal	Over w.	Obesity I	Obesity II	Obesity III
< 18.5	18.5 - 25.0	25.0 - 30.0	30.0 - 35.0	35.0 - 40.0	> 40.0

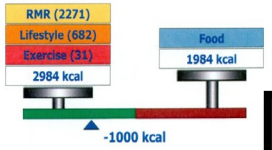
Body Mass Index (BMI) is calculated by dividing the body weight in Kilograms by height in squared meters. Obesity related problems may occurs when BMI is over 25 Kg/m^2.

Program



Next check: 4 weeks **Target weight (Kg): 90.7**

Estimated time to target (weeks): 15



Weekly Planner

Lifestyle

Physical Activity Level: Sedentary

Exercise

Sessions per week: 2
Duration (minutes): 30
Activity: Leg cycling
Power (Watt): 0

Recommended Daily Caloric Intake

Recommended Daily Caloric Intake (kcal/day): 1984
Daily Caloric Balance (kcal/day): -1000

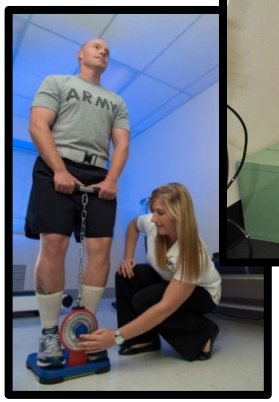
Remember

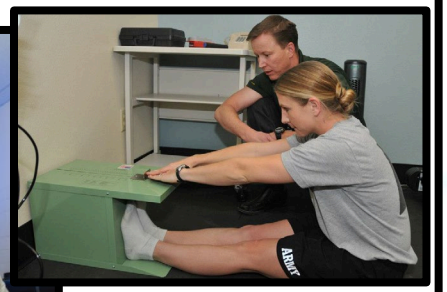
Follow your exercise plan, as described in the "Weekly Planner"

Eat 1984 kcal/day; no more, NO LESS!

See you on 3/29/2010

Fitness Assessments





Cardio-respiratory Fitness

Cardio-respiratory Fitness (ml/Kg/min)	32.3
Calculation method	Measured
Functional Capacity (METS)	9.2
HRmax (bpm)	173
Test type	Sub-maximal
Ergometer type	
Exercise protocol	
Treadmill BRUCE	

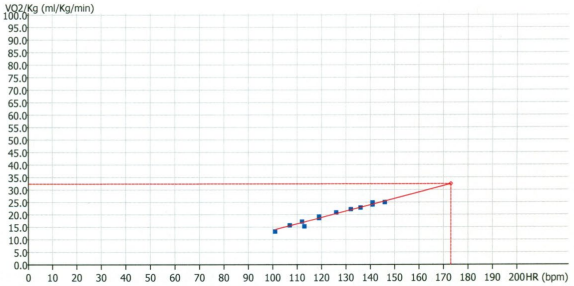
Cardio-respiratory Fitness (ml/Kg/min)

Rank: 60% **Measured**

32.3

Very Poor	Poor	Fair	Good	Excellent	Superior
< 26.5	26.5 - 29.5	29.5 - 32.3	32.3 - 36.3	36.3 - 41.0	> 41.0

The highest value of oxygen consumption of which a person is capable. Also called maximal aerobic power, provides information concerning the level of endurance training. High VO2 max values minimize CVD risks.



Training Zones

Fat Burning **(35-50% VO2max)**

HR (bpm)	**100-116**
Load (watt)	**30-55**
Speed (kmh)	**3-4**
EE (Kcal/hour)	**250**

Endurance **(51-75% VO2max)**

HR (bpm)	**118-145**
Load (watt)	**55-85**
Speed (kmh)	**4-6**
EE (Kcal/hour)	**340**

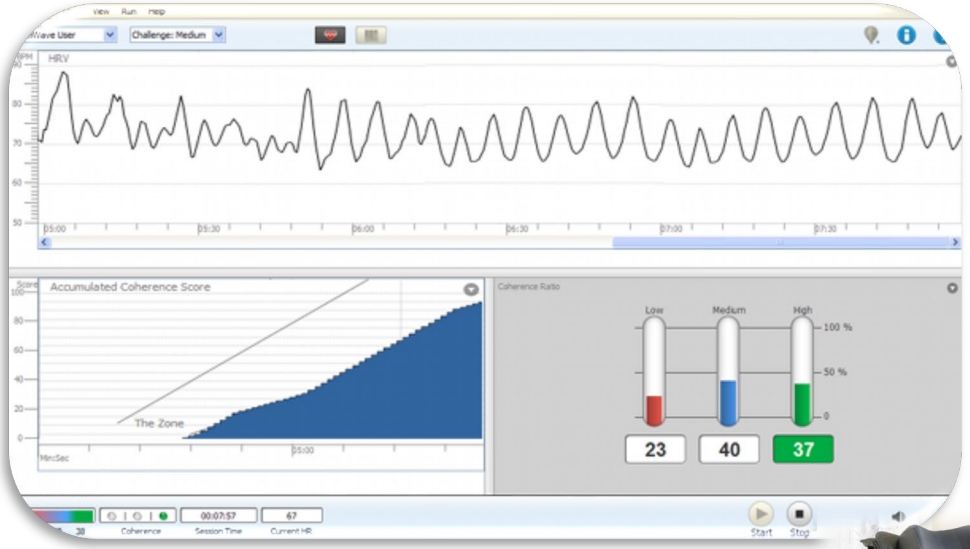
Threshold **(76-90% VO2max)**

HR (bpm)	**146-162**
Load (watt)	**90-110**
Speed (kmh)	**7-8**

VO2max **(91-100% VO2max)**

HR (bpm)	**163-173**
Load (watt)	**110-120**
Speed (kmh)	**8-9**

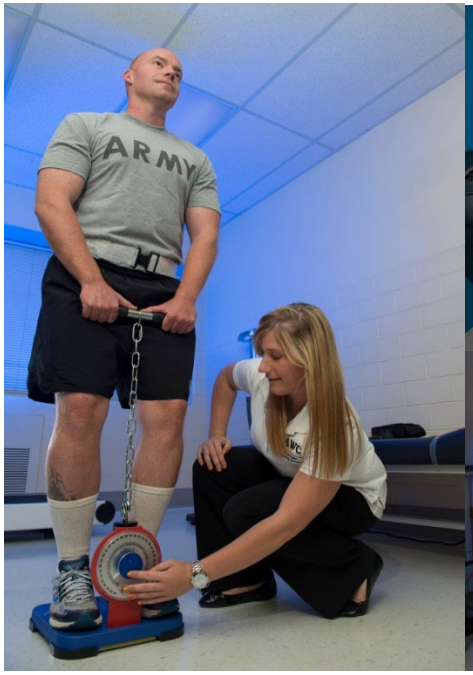
Stress Management

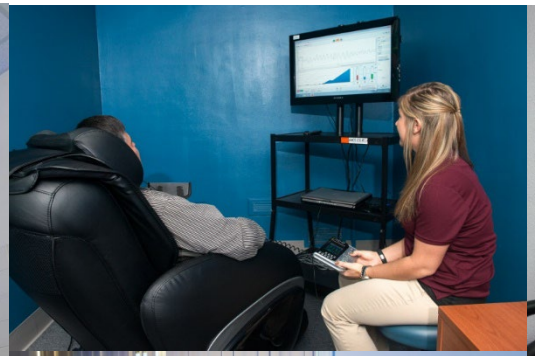


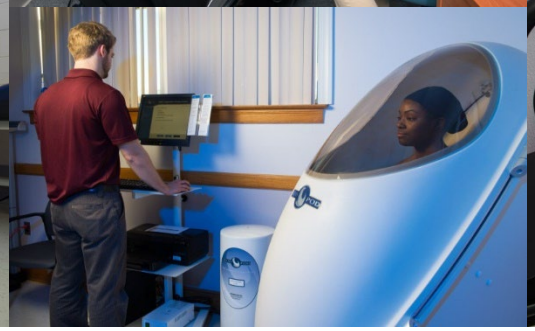
Biofeedback teaches you to change or control your body's physiological reactions by changing your thoughts, emotions or behavior

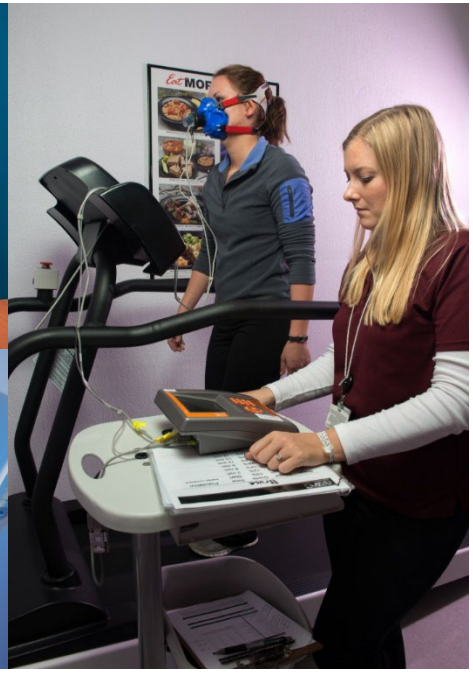
AWC Target Population

- **#1 Priority U.S. Army Soldier**
  - Medical Referral
  - APFT Failure
  - Failed Tape Test
  - Unit Referral
  - Self-Referral
- **Family Member**
  - Medical Referral
  - Self Referral
- **Retiree**
  - Medical Referral
  - Self Referral
- **DA Civilian**









Sleep Education
Weight Management
Metabolic Testing
Nutrition Education
Wellness Coaching

Exercise Testing
Exercise Prescription
Body Composition Analysis
Health Assessments
Stress Management Education

Questions?

DEFENSE HEALTH AGENCY
PRO CURA MILITIS
DEPARTMENT OF DEFENSE

DEDICATION TO OTHERS

FORT BENNING

R2 PERFORMANCE CENTER

Help to understand and enhance the mental side of performance, maximize the benefits of training, and provide skills and techniques to develop strong teams.

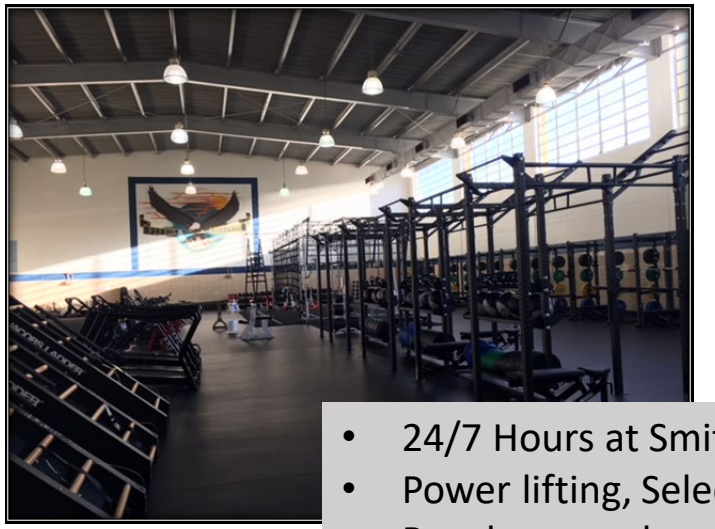
Building: #975, York Hall

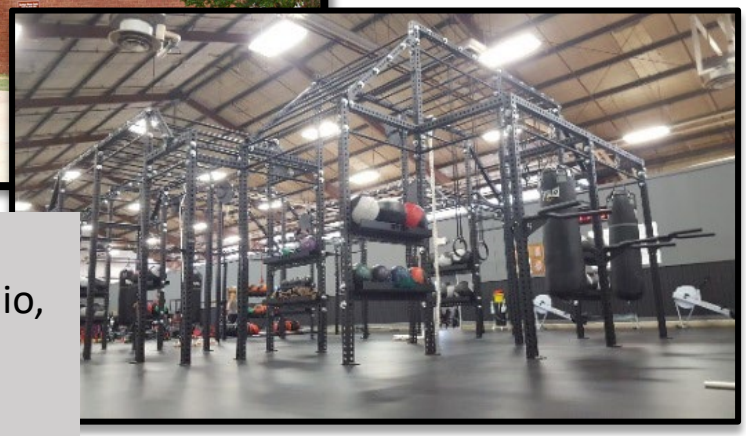
7080 Lincoln Ave, Ft Benning, GA 31905

Phone: 706-626-8563

Hours: M-F 0800-1700 and outside hours by appointment

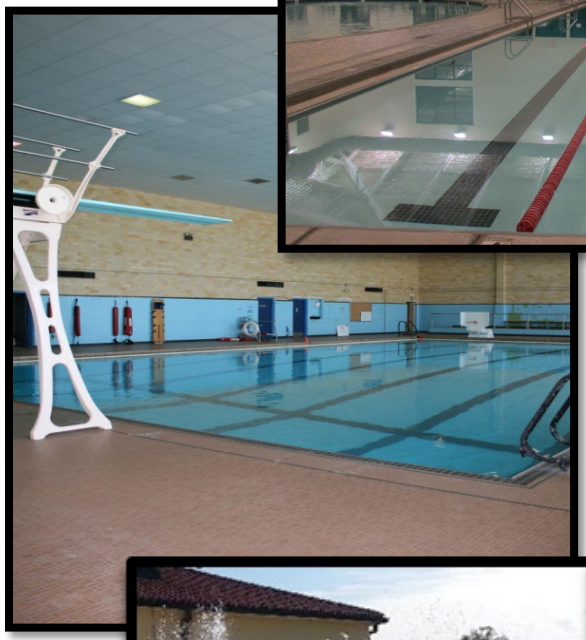
FITNESS CENTERS
Smith, Audie Murphy, Kefurt, Whittington, Santiago





- 24/7 Hours at Smith and Whittington
- Power lifting, Selectorized Equipment, Cardio, Benches, much more
- Fitness Classes
- Personal Training

Aquatics
Smith, Bryant Wells, Breezeway (Summer) and Carey (Summer)



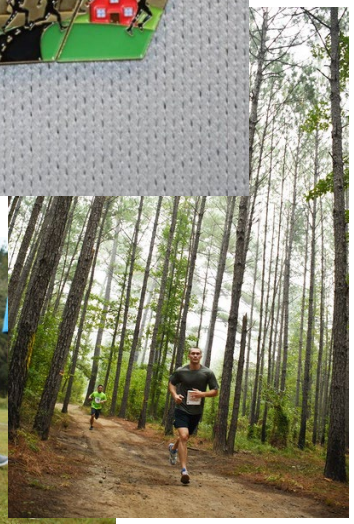
- Swim lessons
- Open Rec Swim
- Lap Swim
- Mission Swim

Sports – Commanders Cup, Sports Above Intramurals

- Flag Football
- Basketball
- Softball
- Soccer
- Volleyball

Runs and Special Events

Ugly Sweater Run



5K Runs/Endurance Challenges:

Decade Dash

Bataan Death March Virtual Run

Last Person Standing Event

Run to Remember & Murph Challenge

Beat the Heat Run

9/11 Memorial Stair Climb

Ugly Sweater

Oktoberfest 10K/5K

Sports, Fitness and Aquatics

- 5 Fitness Centers on Post
  - Smith – offering 24/7 hour operations, Fitness Classes
  - Audie Murphy – 0500-2000
  - Kefurt – 0500-2000
  - Santiago – 0500-2000
  - Whittington –24/7 hour operations
- 2 indoor pools
  - Smith – Rec pool and Lap pool. Swim lessons
  - Bryant Wells – lap swim and mission swim
- 2 outdoor seasonal pools
  - Breezeway – opens Memorial Day weekend – Early August.
  - Carey Pool – primarily mission swim in Summer
- Sports
  - Commanders Cup – Active Duty Only
  - Open leagues – spouses and Civilians
  - Post Teams
- 5K Running Series
  - 5K Runs throughout the year
  - Oktoberfest 10K/5K
  - Ugly Sweater Run

Lori Smith
Chief Sports Fitness and Aquatics
706-527-2393
Lori.m.smith38.naf@army.mil

Vivian Pedrozo
Aquatics Director
706-604-0981
Vivian.Pedrozo.naf@army.mil

PANEL MEMBERS REPORT

Directorate of Emergency Services

#Safer@Benning

Martin Army Community Hospital

https://martin.tricare.mil

USO

USO Fort Benning

What we offer!

Free Programs/Events

Keep up to date on our Fort Benning Facebook page where we post our event calendar each month!

Upcoming Events:

7 Dec - Crafts and Cookies
15 Dec - Coffee Connections

Unit Assistance

Does your unit or company need a boost of morale? Do you need assistance for an upcoming family day? If so, the USO may be able to support!

Send us an email with the 5 W's (Who, What, When, Where, Why, and how many). From there we will review your request and get back to you with our abilities!

Transition Services

The USO Pathfinder® Transition Program extends the USO experience to active duty, Reserve, National Guard and military spouses by offering professional development services throughout the duration of military service as well as in preparation for life post-military.

USO Transition Specialists can help develop a personalized Action Plan and help you take full advantage of services and resources that are the best fit for you and your spouse in your new community. For more information, contact one of our Fort Benning Transition Specialist today!

Volunteer Opportunities

There are countless ways volunteers support the USO, but they all share an abiding dedication to our troops and their families. Here at the USO Fort Benning we have several volunteer opportunities!

Scan here to start volunteering!

Email us:
usofortbenning@uso.org

Follow us:
www.facebook.com/USOFortBenning

USO Fort Benning

The Villages OF BENNING

https://www.villagesofbenning.com/

But FIRST Hot COCOA
TUESDAY, JAN 10TH, 2023
3:30 PM - 5:30 PM
The Villages OF BENNING

Global
FOOD FESTIVAL
Sign up & bring your family's favorite ethnic dish and drop by for a tasting!
Friday, January 20th
McGraw Event Room | 4:00 - 6:00 PM
6000 Muscogee Creek Way

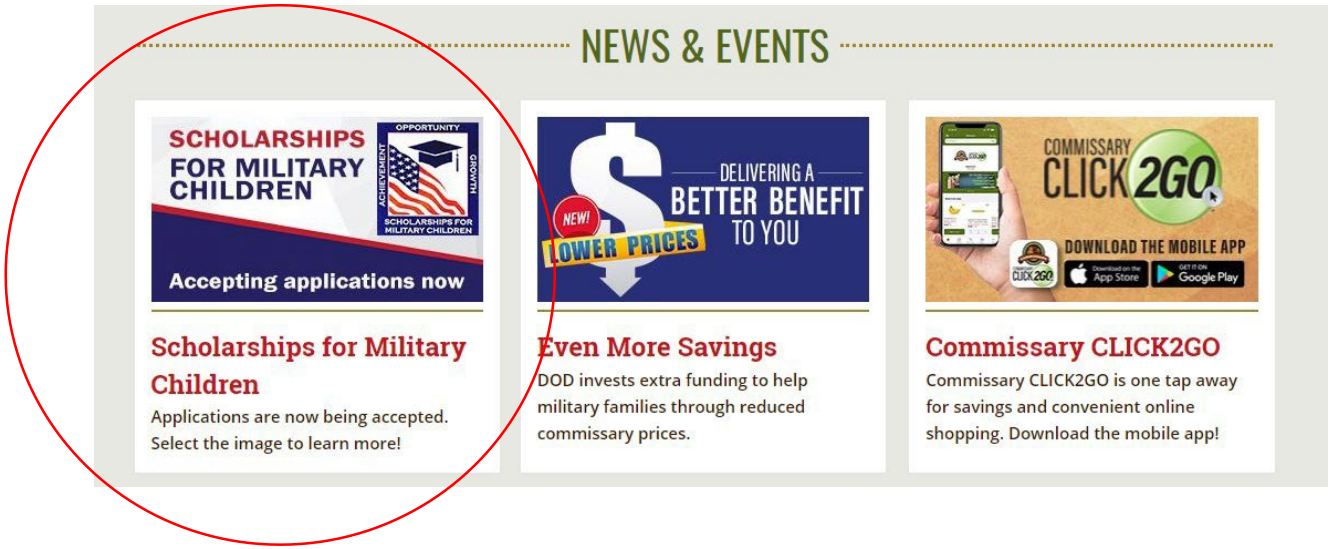
Shred
Event
Friday, January 26th | Patton Community Ceneter

https://www.commissaries.com/shopping/store-locations/fort-benning

Scholarships for Military Children Are Open

Applications Close on 15 February 2023

www.commissaries.com



Support Your Fort Benning Community with Proctor & Gamble!

Start Strong/Stay Strong ProCamps Sponsored by P&G

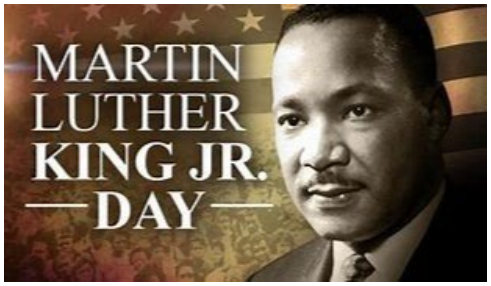
Pro Camps will be hosted by an NFL athlete. Campers will experience various stations to learn football fundamentals, participate in games and competitions, and receive coaching from the NFL player! Campers receive camp packs containing an autograph card, team photo, a limited edition ProCamps t-shirt, backpack, water bottle, and P&G samples.

How to Win:

1. Vote for your community
2. Be the installation with the largest sales lift on P&G items!

Fort Benning Commissary Holiday Hours January/February 2023

New Year's Day
Sunday, 1 January 2023
CLOSED



Martin Luther King Jr. Day
Monday, 16 January 2023
0900-1700

President's Day
Monday, 20 February 2023
0900-1700

Valentine's Day and "The Big Game" 2023

Big Game Day: Sunday, 12 February 2023

Fresh and Frozen Chicken Wings, Ribs, Dips, Salads, Sauces, Dressings, Veggie and Fruit Trays, Deli Platters, Little Smokies, Sausages, Pizza, Hamburger and Sandwich Fixings, Team Themed Recipes and Food!

Soda Sales on All Your Favorite Brands!

Valentine's Day: Tuesday, 14 February 2023

Strawberries, Fine Chocolates, Prime Rib, Heart Shaped Ribeye, Filet Mignon, Flowers, Forever Roses, Firewood

EXCHANGE

ARMY & AIR FORCE EXCHANGE SERVICE

https://www.shopmyexchange.com/company/storeDetails.jsp?storeId=1031212

Garrison Chaplain

FORT BENNING, GEORGIA

SPIRITUAL WELLNESS

The Fort Benning Garrison Chaplain Office is committed to your holistic care and spiritual readiness!

Our team of chaplains, religious affairs specialists, civilians, and contractors combine to provide world-class support to our community.

Chaplains are assigned to every unit from the battalion-level and above. Be sure to meet with the chaplain and ask about religious support opportunities, relationship training, and much more that are routinely offered through your Unit Ministry Team!

Welcome home to Fort Benning!

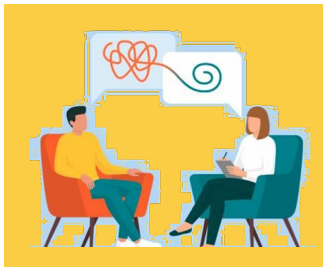
Sincerely,

CHAPEL SERVICES

MOPS
Mothers of Preschoolers

MOTHERS OF PRESCHOOLERS

WEDNESDAY FAMILY NIGHT



COUNSELING SERVICES

WE ARE WORKERS TOGETHER FOR CHRIST
PWC

PROTESTANT WOMEN OF THE CHAPEL

A VISIBLE PRESENCE OF CHRIST
CWOC
SPIRITUALITY LEADERSHIP SERVICE

CATHOLIC WOMEN OF THE CHAPEL

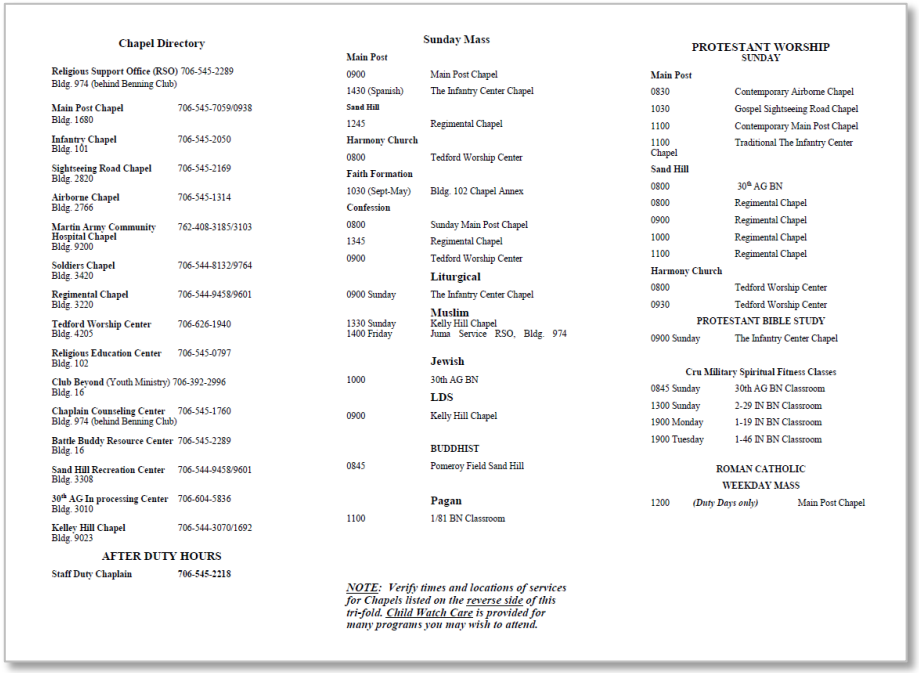
FORT BENNING, GEORGIA

WORSHIP SERVICES

Weekly worship services are the heartbeat of religious support across the installation!

We currently offer weekly worship services for a variety of **Protestant** Christian traditions, **Roman Catholic** (English and Spanish), **Muslim**, **Jewish**, and are in the process of adding additional religious services to the Main Post, permanent party community.

If you have questions about our current services or if you have a specific need that we aren't currently meeting, please reach out to discuss how we can best support either on post or through our community partners.



Chapel Directory

Religious Support Office (RSO) Bldg. 974 (behind Benning Club)	706-545-2289
Main Post Chapel Bldg. 1680	706-545-7059/0938
Infantry Chapel Bldg. 101	706-545-2050
Sightseeing Road Chapel Bldg. 2820	706-545-2169
Airborne Chapel Bldg. 2766	706-545-1314
Martin Army Community Hospital Chapel Bldg. 9200	762-408-3185/3103
Soldiers Chapel Bldg. 3420	706-544-8132/9764
Regimental Chapel Bldg. 3220	706-544-9458/9601
Tedford Worship Center Bldg. 4205	706-626-1940
Religious Education Center Bldg. 102	706-545-0797
Club Beyond (Youth Ministry) Bldg. 16	706-392-2996
Chaplain Counseling Center Bldg. 974 (behind Benning Club)	706-545-1760
Battle Buddy Resource Center Bldg. 16	706-545-2289
Sand Hill Recreation Center Bldg. 3308	706-544-9458/9601
30th AG In processing Center Bldg. 3010	706-604-5836
Kelley Hill Chapel Bldg. 9023	706-544-3070/1692

AFTER DUTY HOURS

Staff Duty Chaplain	**706-545-2218**

Sunday Mass

Main Post	
0900	Main Post Chapel
1430 (Spanish)	The Infantry Center Chapel
Sand Hill	
1245	Regimental Chapel
Harmony Church	
0800	Tedford Worship Center
Faith Formation	
1030 (Sept-May)	Bldg. 102 Chapel Annex
Confession	
0800	Sunday Main Post Chapel
1345	Regimental Chapel
0900	Tedford Worship Center
	Liturgical
0900 Sunday	The Infantry Center Chapel
	Muslim
1330 Sunday 1400 Friday	Kelly Hill Chapel Juma Service RSO, Bldg. 974
	Jewish
1000	30th AG BN
	LDS
0900	Kelly Hill Chapel
	BUDDHIST
0845	Pomeroy Field Sand Hill
	Pagan
1100	1/81 BN Classroom

***NOTE**: Verify times and locations of services for Chapels listed on the reverse side of this tri-fold. Child Watch Care is provided for many programs you may wish to attend.*

PROTESTANT WORSHIP
SUNDAY

Main Post	
0830	Contemporary Airborne Chapel
1030	Gospel Sightseeing Road Chapel
1100	Contemporary Main Post Chapel
1100 Chapel	Traditional The Infantry Center
Sand Hill	
0800	30th AG BN
0800	Regimental Chapel
0900	Regimental Chapel
1000	Regimental Chapel
1100	Regimental Chapel
Harmony Church	
0800	Tedford Worship Center
0930	Tedford Worship Center

PROTESTANT BIBLE STUDY

0900 Sunday	The Infantry Center Chapel

Cru Military Spiritual Fitness Classes

0845 Sunday	30th AG BN Classroom
1300 Sunday	2-29 IN BN Classroom
1900 Monday	1-19 IN BN Classroom
1900 Tuesday	1-46 IN BN Classroom

ROMAN CATHOLIC
WEEKDAY MASS

1200	*(Duty Days only)*	Main Post Chapel

OFFICIAL WEBSITE

FACEBOOK

Directorate of Family and Morale, Welfare and Recreation

https://benning.armymwr.com/

JANUARY SPECIALS

BOWLING ENTERTAINMENT CENTER

BOGO BOWLING

Wednesdays is BOGO day at the BEC! Buy one game of bowling and get one game for free!

starting January 2

FOOD & BOWLING SPECIAL

Fridays and Saturdays:

Option 1: includes a chicken tender basket, a small drink & unlimited bowling for 2 hours! For $12 Only!

OR:

Option 2: includes 2 hot dogs, fries, a small drink & unlimited bowling 2 hours! For $12 Only!

starting January 2

PLAYZONE SPECIAL

Half price off Mondays and Tuesdays!

Unlimited fun in our great Playzone for only $3!

starting January 9

MALL BOWLING CENTER

BOGO BOWLING

Wednesdays is BOGO day at the Mall Bowling Center! Buy one game of bowling and get one game for free!

starting January 2

FOOD & BOWLING SPECIAL

Fridays and Saturdays:

Option 1: includes a chicken tender basket, a small drink & unlimited bowling for 2 hours! For $12 Only!

OR:

Option 2: includes 2 hot dogs, fries, a small drink & unlimited bowling 2 hours! For $12 Only!

starting January 2

Milton E. Long Library presents

Story Time

Wednesdays
10:30 - 11:30 a.m.

Stop by the Programming Room at the library for story time & crafts every Wednesday! Open to ages 0 - 6.

6529 Eckel Avenue Building 2783

benning.armymwr.com

U.S. ARMY MWR

SOLDIERS · FAMILIES · RETIREES · CIVILIANS

Virtual SOLDIER AND FAMILY READINESS GROUP TRAININGS

Soldier and Family Readiness Group is a command sponsored organization of family members, volunteers, soldiers, and civilian employees belonging to a unit, that together offer a corridor of mutual support and assistance. All classes are 10 a.m. - Noon.

1. **SFRG Foundations Training:** every 1st Thursday of each month
2. **Informal Funds Custodian:** every 2nd Thursday of each month
3. **Command Family Readiness Representative :** (CFRR) every 3rd Thursday of each month
4. **Key Contact Training:** every 4th Thursday of each month **by request only**

Register with Yoselin Doyle at yoselin.doyle.civ@army.mil or 706-545-4485.

Classe are free and registration required 3 days before each class..

U.S. ARMY MWR SOLDIERS · FAMILIES · RETIREES · CIVILIANS

ARMY COMMUNITY SERVICE ACS Real-Life Solutions for Successful Army Living

PAINTBALL 4 BOSS

BETTER OPPORTUNITIES FOR SINGLE SOLDIERS

January 13

Woodland Paintball Field

2 - 4 p.m.

FREE for BOSS Soldiers

Contact Maureen Collars, BOSS Advisor, at maureen.l.collars.naf@army.mil to sign up – call 706-527-1597 for more information.

U.S. ARMY MWR

SOLDIERS . FAMILIES . RETIREES . CIVILIANS

UNITED STATES ARMY
CHILD & YOUTH SERVICES

SPRING SPORTS

Sponsored by: Academy SPORTS + OUTDOORS

sponsorship does not imply endorsement

BASEBALL

T-Ball – Ages 4-5
Coach Pitch – Ages 6-8
Baseball – Ages 9-10

SOCCER

Registration Dates: Jan 16 - Feb 17

» Season: March – May 2023

KILOMETERKIDS

Registration Dates: Jan 16 - Feb 17

» Season: March – May 2023

YOUTH SPORTS COACHES NEEDED

Make a difference while having fun!

Benefits for being a Youth Sports Coach

1. It's TONS of fun! You will be teaching and have a major impact on the youth.
2. If you coach — your kids play for free.
3. Earn volunteer hours for VMIS

To top it — we throw in a fancy coach's shirt!

Basketball • Baseball • Soccer • Running (Run Club) • Cheerleading • Wrestling

SMART CAR BUYING

American Red Cross

LIFEGUARD TRAINING

We offer a 2-year lifeguard certification, which includes the American Red Cross Certification, lifeguarding, First Aid, CPR and AED, for MWR patrons ages 15 and older.

Planning to be certified before the Summer Pool Season?
Take our February, March & April classes to ensure you're on board before the pools open!

4-Day Courses | 9 a.m. - 5 p.m.

February 4 & 5 and 11 & 12
March 4 & 5 and 11 & 12
March 20-24 (Spring Break Russell County)
April 3 - 7 (Spring Break)
April 22 & 23 and 29 & 30

To register email annerose.whitehead.naf@army.mil.

CPR | AED FIRST AID

$100 PER PERSON

BREEZEWAY COMPLEX, BUILDING 117

9 A.M. - 3 P.M. | MONTHLY DATES

CLASSES ARE JUST 1 DAY

October 12 • October 26
November 16 • December 7
January 11 • January 25
February 15 • March 15
April 12 • May 17
August 16 • September 13

After completion you will earn a 2 year certificate in Adult, Child, Infant CPR/AED/ First Aid from the American Red Cross.

To register, email at annerose.whitehead.naf@army.mil.

DECADE DASH 5K

Dress in your favorite decade

01.28.2023 • 9 A.M.

PRE-REGISTRATION: $15 AGES 6 AND UP AND $10, 5 YEARS AND UNDER

Price increases $5 for day of registration

REGISTER AT SMITH FITNESS CENTER OR WEBTRAC

First 150 paying runners receive guaranteed shirts and medals. For more info, visit benning.armymwr.com.

UNITED STATES ARMY
EST FORT BENNING, GA 1918
Sports • Fitness • Aquatics

U.S. ARMY MWR
SOLDIERS . FAMILIES . RETIREES . CIVILIANS

BABY SITTING CLASS

$30 A CLASS

U.S. ARMY MWR
SOLDIERS · FAMILIES · RETIREES · CIVILIANS

UNITED STATES ARMY CHILD & YOUTH SERVICES

October 1, 2022
January 28, 2023
April 22, 2023
July 1, 2023

8:30 a.m. – 5 P.m. | CYS Complex

AGES 12-18 (GRADES 6 AND UP)

Registration opens two weeks before the class via WebTrac. Students learn about safety, first aid, CPR, nutrition, child development principles, entertaining children, diapering, business of babysitting and much more. Please bring a lunch.

The training takes place at the Youth Sports building, 1056, starting 8:30 a.m. until 5 p.m.

DANCE CLASSES

U.S. ARMY MWR
SOLDIERS · FAMILIES · RETIREES · CIVILIANS

UNITED STATES ARMY CHILD & YOUTH SERVICES

REGISTER NOW

$60 PER MONTH

$55 EACH ADD CLASS

Dance class season is back!

Open to ages 3 to 18. Classes include Ballet, Tap, Hip Hop, and Jazz and are offered based on age and experience level.
Classes are on Wednesdays and Thursdays starting in January.

Register at benning.armymwr.com

Sponsored by Academy Sports + Outdoors

sponsorship does not imply endorsement

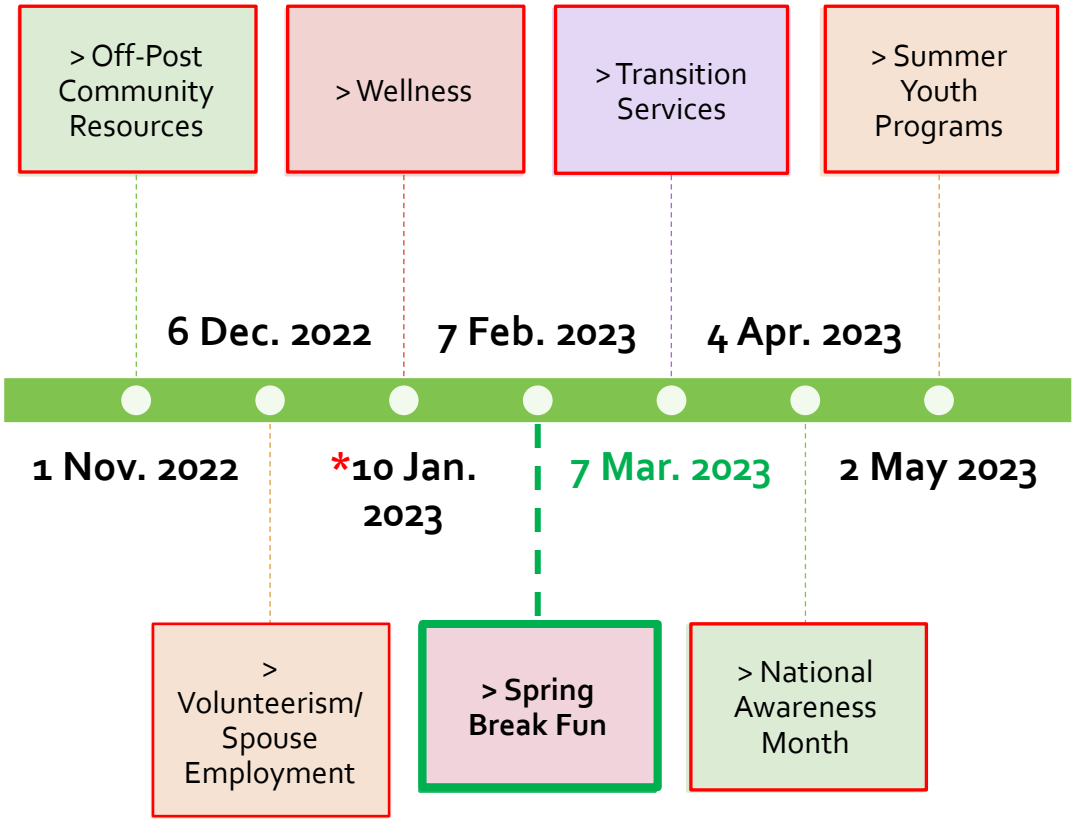
COMMUNITY QUESTIONS AND ANSWERS

FORT BENNING GARRISON COMMAND

CLOSING REMARKS

THE NEXT CLIF IS
TUESDAY, 7 FEBRUARY 2023!

Upcoming CLIF Meeting Topics



*Meeting conducted 2nd week of the month *

No CLIF's are scheduled June - August 2023 due to school summer break.