

TOTAL HEALTH

BASIC COURSE



GOWEN FIELD

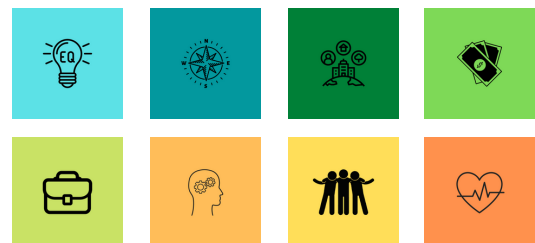
15-24 JULY 2024
Register by 1 July

FOR QUESTIONS OR TO REGISTER, CONTACT:
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The Basic Course is a 10-day course in lieu of AT that focuses on behavior change and self-awareness. Students deep dive into each of the eight dimensions of Total Health; Emotional, Environmental, Financial, Intellectual, Occupational, Physical, Social and Spiritual.

Students gain a better understanding of their strengths and areas for growth. This self-awareness can contribute to the overall improvement of the team as individuals become more effective in their roles.

This course is for individuals looking to make improvements in any area of Total Health and for Service Members who need access to resources, additional coping skills, and education on holistic health and living a balanced lifestyle.



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