



TOTAL HEALTH WORKSHOP



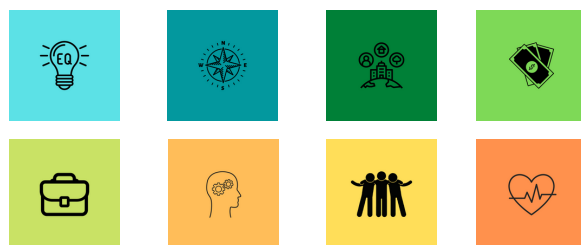
SCHEDULED BY REQUEST

**FOR QUESTIONS OR TO REGISTER, CONTACT:
SSG JORDI SEWARD
208-272-8310
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Total Health workshops are 1-2 hour workshops focusing on any of the Total Health dimensions: Emotional, Environmental, Financial, Intellectual, Occupational, Physical, Social and Spiritual.

Students gain a better understanding of their strengths and areas for growth within their holistic health & wellbeing. 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.



**TO SCHEDULE A COURSE, EMAIL:
IDNGJ9HEALTHANDWELLNESSBRANCH@ARMY.MIL**

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