

TOTAL HEALTH



BASIC COURSE



REGISTER HERE



GOWEN FIELD

14-23 JULY 2025
Register by 1 July

FOR QUESTIONS OR TO REGISTER, CONTACT:
TOTAL HEALTH LEAD

208-272-3271
idngj9healthandwellnessbranch@army.mil

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.

OPEN TO ARMY AND AIR

Units are responsible for ensuring Service Members attend in a duty status



FOLLOW US ON INSTAGRAM
[@IDAHO_NG_HEALTH_AND_WELLNESS](https://www.instagram.com/IDAHO_NG_HEALTH_AND_WELLNESS)

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.