

Leaders salute new Army Wellness Center at Carlisle Barracks

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Sept. 14, 2012 -- He spoke of tremendous frustration as a physician when he could spend only a few moments counseling a patient and of his certainty that the Army Wellness Center team at Carlisle Barracks will play a major new role in guiding the everyday habits and choices that enhance health and prevent disease.

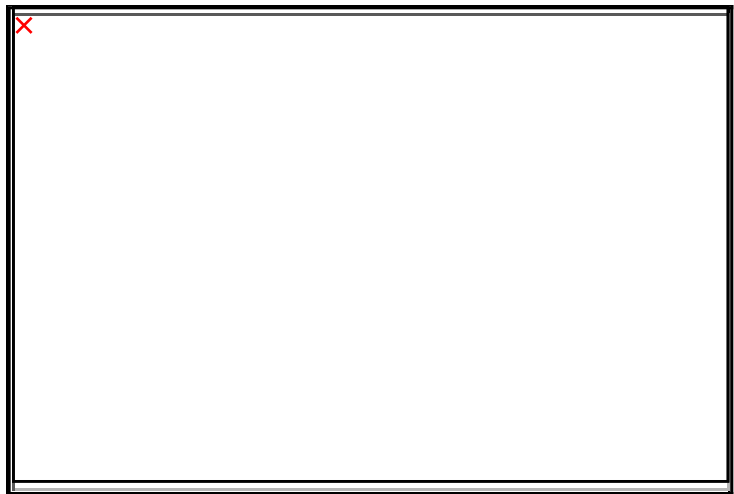
Maj. Gen. Richard Stone introduced a tone of urgency for the Army's focus on health when he shared his perspective as physician and Army leader at the official opening of the Army Wellness Center here, Sept. 14. The U.S. Army Deputy Surgeon General, Stone joined leaders of the Army Medical Command, the Army War College, and IMCOM's Garrison at Carlisle Barracks in

front of a Civil War-era building that's been transformed into a suite of rooms that are equally serene and technologically advanced in assessment and education tools.

Col. Bobby Towery, Army War College Deputy Commandant, explains the connection between the the Army Wellness Center mission and Army War College leader education.

"It is such an accomplishment to open this center which provides the tools to empower this community to prevent disease, improve health and, ultimately, quality of life," said Col. Stephanie Wilcher, commander of the Dunham Army Health Clinic. The clinic provides oversight to the AWC and creates links between the AWC and the clinic's healthcare providers.

We hear often about the cost of health care, she noted, saying, "We hear less about the human cost of disease -- the emotional trauma, physical discomfort, and individual financial burden. The human impact of disease is not unique to the person with the diagnosis. It affects their loved ones, their work



family, and the community at large.

“Today, we begin to change the consequence of preventable disease through education and programs that focus on health,” said Wilcher. “Pre-diabetes does not have to become diabetes. Obesity does not have to become cardiac disease.

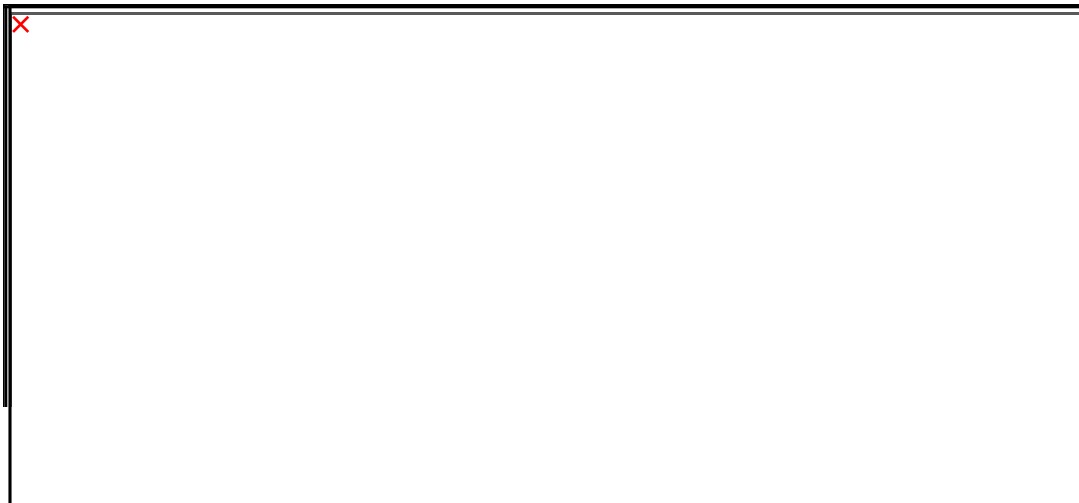
“We can make a difference and save many the human burden of disease.”

When we can help people make good decisions while shopping and cooking and in everyday habits, we will make a difference, said Stone.

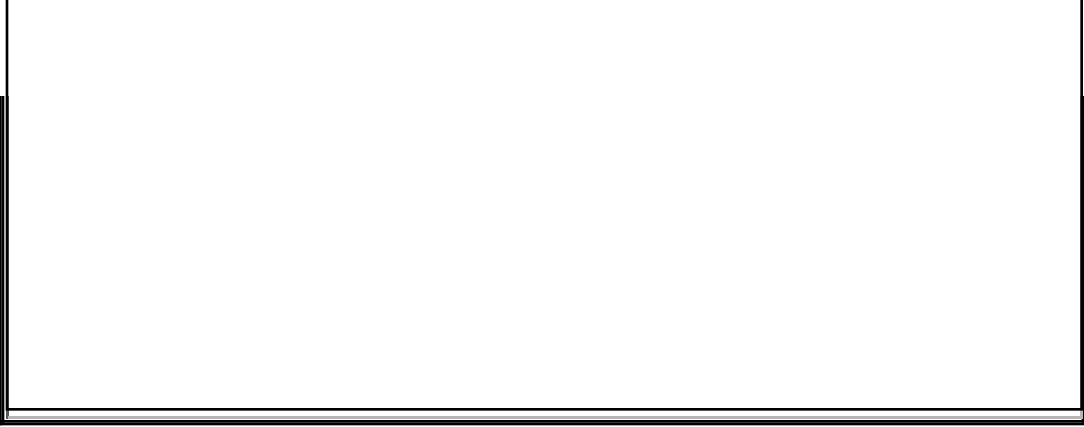
The Army Wellness Center programs are designed to help clients recognize their health and wellness status through assessments, find guidance and help in changing habits and lifestyle choices, and learn the health education insights and self-awareness that can improve health.

The Carlisle Barracks center -- number 3 in the nation, and the first co-located with a Army Training and Doctrine Command school – offers a holistic service comprising six core programs. In time, Soldiers, families and civilian team members will find the same set of core programs at 38 Army installations across the United States.

- **Health assessment review:** analysis of a person’s health status, risk for disease, and ability to increase physical activity safely
- **Physical fitness:** using state-of-art equipment, physical fitness level is assessed and used to create an individualized exercise prescription
- **Healthy nutrition:** metabolic testing is used to synchronize the person’s resting metabolic rate to provide tailored strategies for weight loss, gain or maintenance
- **Stress management:** education in biofeedback and stress relief techniques, positive coping skills and good sleep habits
- **General wellness education:** classes on topics such as healthy lifestyles, increased resiliency, and preventing chronic disease through health living habits and self-care
- **Tobacco education:** assessment of a person’s readiness to change, discussion of options for becoming tobacco-free, and appropriate tobacco cessation education.



The AWC program is a U.S. Army Medical Command Program overseen by the Army Public Health Command. Mr.



John Rasta, PHC
Deputy to the
Commander, told
the gathering at
the formal
opening that he'd
argued initially to

place the nation's third Army Wellness Center at a major troop center – but came to understand that the Army War College community is exactly where the new AWC should be.

Col. Bobby Towery, deputy commandant of The War College, echoed the wisdom of exposing the U.S. military's leaders to what right looks like for the health of the force.

“They will learn the value of a system of health versus a healthcare system,” said Towery about the senior officers studying at the Army's senior military educational institution.

Army Deputy Surgeon General Maj. Gen. Richard Stone and Carlisle Barracks Cmd. Sgt. Major Robert Blakey signal a new Army investment in the Health of Soldiers and the Army Family.

officially open the Army Wellness Center to the Soldiers, Army War College students and extend Col. B.J. Constantine called himself a believer. Now an Army War College Fellow, he turned his belief into action as a brigade commander when he directed military unit members to seek Army Wellness Center health guidance. Encouragement and opportunity enticed 90 percent of his civilian team members to tap into the AWC assessment and assistance.

The Army Wellness Center serves civilian team members, active and retired military and their Families.

Army Wellness Centers are staffed by nurses and health educators who deliver programs in primary prevention – before disease, injury or disability occurs.

Referrals can be made to AWCs by medical providers or unit commanders. Self-referrals are welcomed and can be made by contacting the Army Wellness Center at Carlisle Barracks. To schedule an appointment, call 717.245.4004.

