

APFRI Health Day Aug. 5

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The Army Physical Fitness Research Institute sponsors APFRI Health Day Aug. 5 from 8 a.m. to 2 p.m. Health Day is the first entry in a year-long series of educational programs for the joint, interagency and international student body. APFRI links education about health and well-being with leader readiness. Presentations include world-class speakers addressing the latest findings in health promotion and risk factor reduction research. Health Day is open to spouses.