



“Passport to Wellness”



Oct. 3, 2011 - March 30, 2012

Sponsored by:
McChord HAWC & JBLM Health Promotion & Wellness Service

The “Passport To Wellness” is a health promotion & wellness event that ties the 5 pillars of wellness (physical, emotional, social, spiritual, and family) together.



The Wellness Services from McChord & JBLM have joined together with MWR to provide all ID card holders with an opportunity to increase their awareness of the programs, classes, agencies and activities available on JBLM. This will assist you in your health promotion & wellness efforts.

To begin your journey you can stop by the health and wellness centers to register and pick up your “passport to wellness”.

LOCATIONS:

1. **McChord Field HAWC** – Bldg 726 (**Fitness Center Annex**)
2. **Health Promotion & Wellness Service** - Bldg 11596 (currently located at North JBLM at **Wilson Gym**)
3. **Jensen Gym** - Bldg 2022 - at the end of November the Health Promotion & Wellness Service we will move back to Jensen on JBLM main)

As you participate in the various activities throughout JBLM you will receive a stamp for that activity, program or class (each agency will stamp your passport after you participate in their activity).





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PRIZE LEVELS:

- 10 Visits & Participation /Stamps = Bronze Level prizes
- 20 Visits & Participation /Stamps = Silver Level prizes
- 40 Visits & Participation /Stamps = Gold Level prizes



Prizes can be redeemed at :

- McChord Field HAWC – Bldg 726 (Fitness Center Annex)
- Health Promotion & Wellness Service – Currently located at Wilson
- Gym – BLDG 11596 (North JBLM) In November you will be able to
- Claim your prizes at Jensen Gym – Bldg 2022 on JBLM Main)

Turn in your completed passports to the Health and Wellness Centers. Passports with 40 stamps will be put into a raffle for some grand prizes) Grand prizes have been donated by MWR they include trips, free triathlon registrations, event entries, and more!



Please take our wellness survey at the following link:

<https://www.surveymonkey.com/s/C23GBHB>

