



HAPPENINGS

SAFE ENOUGH IS NEVER SAFE ENOUGH!

RESILIENCY FAIR

SEP. 19

11 a.m.-1 p.m.

Fitness Center, 15th Street, Bldg. 320, (717) 770-6428

FEATURED HIGHLIGHTS:

VARIOUS BOOTHS & INFO TABLES SHOWCASING RESOURCES & TOOLS TO SUPPORT HEALTHY LIFESTYLES... BOTH PHYSICALLY & MENTALLY!

MEDITATION STATION IN OUR BRAND NEW WELLNESS ROOM!
20 MIN. SESSIONS: 11:15 A.M., 11:45 A.M., & 12:15 P.M.

COMMANDER'S CUP AWARD CEREMONY: 1 P.M.

FREE BLOOD PRESSURE SCREENING FROM
FILLMORE USAHC OCCUPATIONAL HEALTH DEPARTMENT.



A SPECIAL
"THANK YOU"
TO OUR
SPONSOR!

Open to ID/CAC Cardholders.
Qualifies as part of the
DLA Wellness & Fitness Program!

*SPONSORSHIP DOES NOT IMPLY DoD OR FEDERAL ENDORSEMENT.

FLAG FOOTBALL LEAGUE

Team Rosters due: Sep. 5

Season begins: Sep. 11

- Open to all ID/CAC cardholders.
- Teams of seven.
- Awards for 1st, 2nd, & 3rd place teams.

Contact the Fitness Center to Register!



Upcoming Golf Tournaments

Sep. 2: Labor Day

4-Person Shamble

Shotgun Start: 8:30 a.m. | Register by Aug. 26

Sep. 21: Greenskeeper's Revenge!

4-Person Scramble

Shotgun Start: 8 a.m. | Register by Sep. 16

Oct. 1: Winter Operations

Punch Cards Available!

Play all winter long! Get yours today!

Stop by our remote location at the Fitness Center!

RIVERVIEW GOLF COURSE, (717) 770-5199

COMMANDER'S CUP "GRAND FINALE" 10K RUN

SEP. 19

REGISTRATION: 11 A.M.
RUN BEGINS: 11:30 A.M.
AWARDS
CEREMONY: 1 P.M.

FITNESS CENTER
(717) 770-6428



CPR TRAINING COURSE

SEP. 6, 9 A.M.-3 P.M.

Swimming Pool, A Ave., Bldg. 336

Register Today! Call (717) 770-6476 or 6428

Family Advocacy Program & Child and Youth Program

presents:

Greet & Share

Is your Family Prepared
for Emergencies?

Sep. 12, 3-5 p.m.

CYP Lobby, J Ave., Bldg. 255

Questions? Call FAP at (717) 770-7066.

