



ARMY MEDICINE
One Team... One Purpose
Conserving the Fighting Strength Since 1775

Martin Army Community Hospital

“A New Year, A New You!”

<https://martin.tricare.mil/>



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Physical Therapy Services

<https://martin.tricare.mil/Health-Services/Specialty-Care/Rehabilitative-Services/>



- BMACH Physical Therapy Clinic Overview
- Outpatient / Inpatient / Post-operative Orthopedic
- Highly Trained Physical Therapy Staff
- Numerous Specialty Services Offered



Post Operative Care



Pelvic Health



Anti-Gravity Treadmills



Hands on Care



Spinal Manipulation



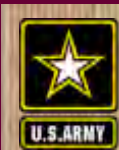
Aquatics



Dry Needling



Battlefield Acupuncture



How to make a Physical Therapy appointment:

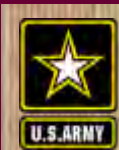
- Dept of Rehab Services PT at BMACH (All Beneficiaries)
Referral from Primary Care Manager
 - Hours: 0715-1700
 - Offer both in-person and virtual appointments
 - Ages 13 and over
 - DRS PT staff will call patient to schedule initial evaluation
 - Initial evaluation to develop plan of care (home based vs supervised in clinic care)
 - Help us eliminate No-shows by calling to cancel/reschedule all appts
- Adult Primary Care Clinic (APCC) PT (Family members and Retirees)
Referral from Primary Care Manager
 - Focus on early management of injuries to improve outcomes
 - Improves communication between PCM And specialty care
 - Currently we have 2 DPTs covering APCC, Strong Team, and Victory Team
- Outlying PT Clinics
Cadre and Permanent Party Walk-in Sick Call
 - ***No Cadre/PP care on Thurs due to training***
 - CTMC Main Post (Mon-Wed, Fri: 1000-1200; 1300-1430 hrs)
 - Harmony Church (Mon-Wed, Fri: 1200-1430 hrs)



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Pediatric Services

<https://martin.tricare.mil/Health-Services/Primary-Care/>



- **Improved Access to Appointments**

- 11 Full-Time pediatric providers
- Respiratory Urgent Care Clinic on Sand Hill
 - 0900-1800; 3 month to 18 year olds
 - Rapid on-site COVID test (Drive-thru)
 - Rapid on-site flu and strep test
 - On site pharmacist
 - Drive-thru flu shots
 - 98% patient satisfaction

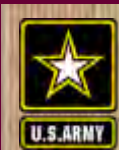


- **Virtual Telephonic Appointments**

- Referral renewal
- Medication renewal
- School work documentation

- **Lactation Services:**

- Consultant Services
- Lactation Rooms



TOLPP Secure Messaging

- Secure Messaging and phone messages

Case Management Resources

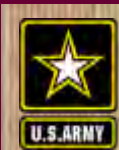
- Respite care coordination
 - Home nursing coordination
 - Autism Pathway bridging with EFMP
-
- Planning for increased community outreach with ACS
 - Future addition of inpatient pediatrics



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Exceptional Family Member Program Services

<https://martin.tricare.mil/Health-Services/Medical-EFMP/>



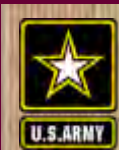
ACS EFMP:

- Building 359

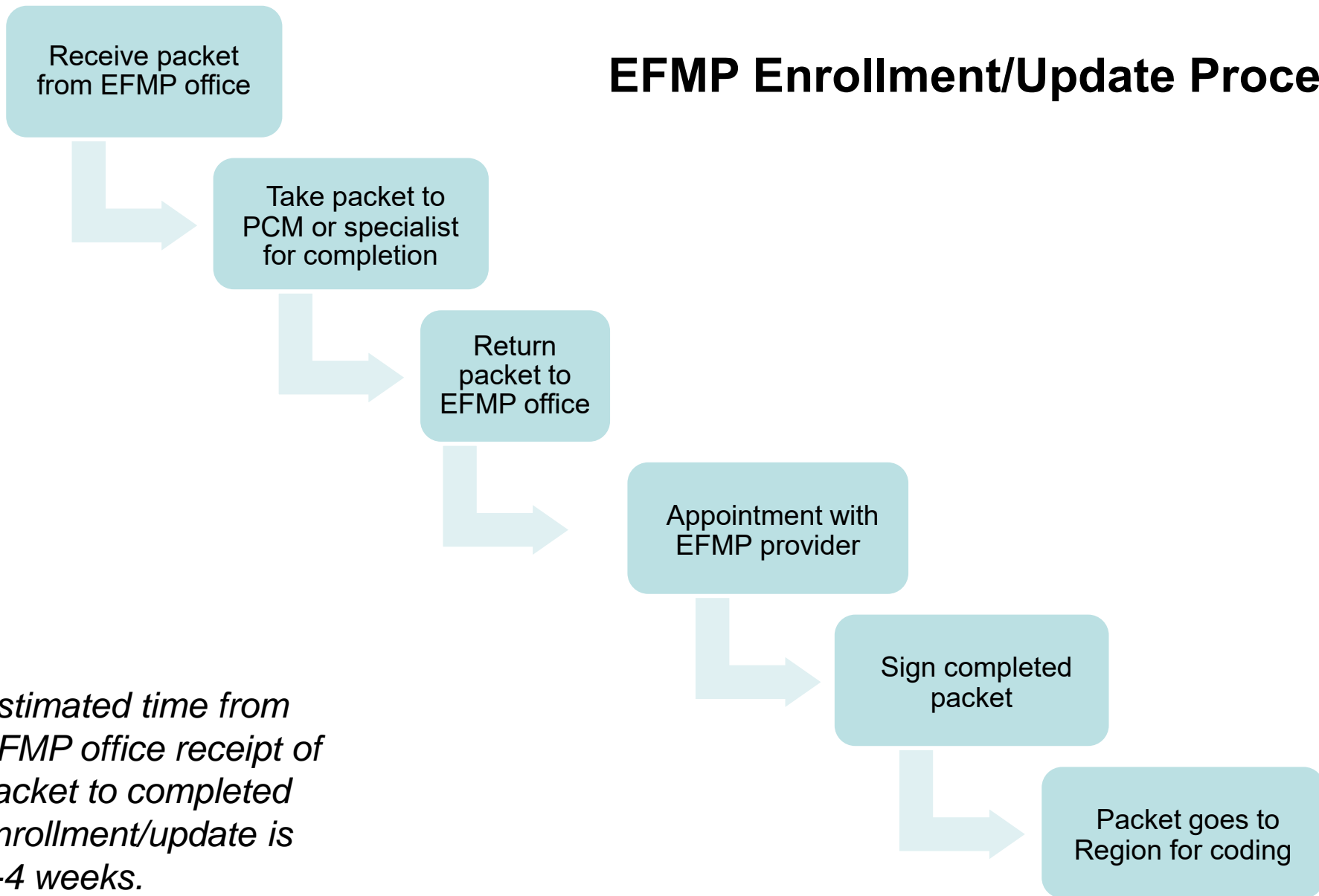
Medical EFMP:

- New and expanded team
 - Medical Director
 - Supervisory RN
 - Two Case Coordinators/Special Needs Advisors
 - MSA
- Current goals
 - Improve culture of EFMP at Fort Benning
 - Increase awareness and understanding of EFMP
 - Heightened visibility and transparency

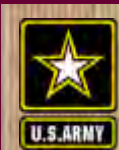




EFMP Enrollment/Update Process



Estimated time from EFMP office receipt of packet to completed enrollment/update is 3-4 weeks.



Overseas Screening (Family Member Travel Screening) Process

Attend Levy brief

Receive signed and dated DA form 5888

Receive OSS paperwork from EFMP office, complete

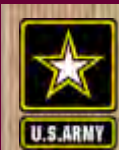
Ensure all dependents have up-to-date physicals

Return OSS paperwork to EFMP

Appointment with EFMP provider

Certified DA form 5888 sent to Soldier

Estimated time from EFMP office receipt of forms to return of DA form 5888 is 2 weeks.



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Benning-Martin Army Community Hospital
Exceptional Family Member Program Services

1st floor Upatoi Clinic
co-located with Pediatrics

MEDDAC: 762-408-2423

- All phone messages returned in 3 business days

ACS: 706-545-5521



Hours of Operation

Mon: Packet Review

Tues: 0900-1600

Wed: 0900-1600

Thur: 1030-1600

Fri: 0900-1600

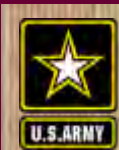
*Closed for lunch from 1200-1300



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Women's Health Services

<https://martin.tricare.mil/Health-Services/Womens-Health-Pregnancy/>



Department of Women's Health and Newborn Care - Overview

Our facilities:

5th floor of BMACH

- OBGYN Clinic
- Labor & Delivery
- Mother-Baby Unit

• Our clinicians:

- 5 Active Duty Physicians
(Gynecologic Surgery & Obstetrics)
- 2 Civilian Physicians
- 3 Active Duty Certified Nurse
Midwives
- All physicians board certified/board
eligible

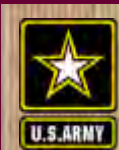
- Full scope surgical
gynecologic specialty services
 - Minimally invasive gyn
surgery
 - Cervical dysplasia
management
 - Contraception/Family
Planning/Preconception care
- Full scope obstetrics from low
intervention prenatal care to
complex obstetrics
- Common network partners
include GYN Oncology,
Maternal Fetal Medicine,
Piedmont Midtown Hospital
and Columbus Center for
Fertility



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Labor and Delivery

<https://martin.tricare.mil/Health-Services/Womens-Health-Pregnancy/>



Department of Women's Health and Newborn Care - Overview

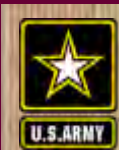
- **State-of-the-art** 5-bed labor and delivery unit comes complete with a designated 3-room triage area.
- We average **75 new births** and provide care to over 200 triage patients monthly.
- Our unit has a **dedicated** operating room and an anesthesiologist on deck for scheduled and unplanned procedures.
- We deliver at **35 weeks or greater** and in addition to traditional deliveries, we also offer midwifery services.



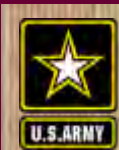
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Mother-Baby Unit

<https://martin.tricare.mil/Health-Services/Womens-Health-Pregnancy/>



- The **postpartum unit** features 13 private rooms as we provide infant rooming-in/couplet care to help promote family bonding during this time.
- Our **nursery** is available and staffed to handle any immediate or emergent needs that may present at delivery and functions as an infant treatment room.
- Our facility has an agreement with **Piedmont** Neonatal Intensive Care Unit in Columbus if your baby is in need of a higher level of care.
- Your **pediatrician** will be responsible for your baby's care and will visit daily.
- Our wonderful team is dedicated to providing **24-hour care** to you and your baby as you recover from the birthing process.



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Benning-Martin Army Community Hospital
Women's Health Services

Martin Army Community Hospital Childbirth University

Updated Curriculum Guide 2020 (Option for Online Education during COVID-19)

Free online education offered through Customized Education and Pampers.

Modules available on the following: Breastfeeding, Labor & Delivery, Newborn Care, and several other topics.

Please use the following links:

<https://get.pampers.com/en-us/childbirth-education-series>

or

https://legacy.yomingo.com/CustomizedCommunicationsInc/SpecialChildbirthandBreastfeedingEducation_31757_309

Links to videos:

Newborn Skin Care - <https://www.youtube.com/watch?v=jQ4mq2PnrrE>

CPR/Choking - <https://www.youtube.com/watch?v=ksLwSIUljP4>

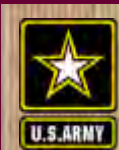




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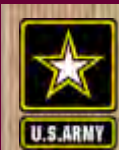
Pharmacy Services

<https://martin.tricare.mil/Health-Services/Pharmacy/>



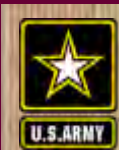
Patients Serviced in 30min / 60min

	% < 30min	% < 60 min	Average Wait Time	Total # of Patients
January 2020	27%	53.4%	75min	1665
December 2020	62.7%	94.8%	34min	2886



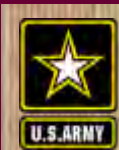
Current Processes

- Refill Pharmacy
 - Call-in and pick up in 72hrs via drive-thru service
- Main Pharmacy (Social Distancing Based)
 - Managed at triage desk
 - Waiting room limited to 35 patients
 - As we reach that limit, no pharmacy patients are allowed to enter
 - Given option to wait outside or prescription info taken to return at a scheduled time
 - Returning patients issued a rapid return ticket; < 10 min wait



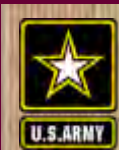
Getting Better!

- Concept of Success is “Bi-directional Communication”
- Progression of what we have been doing this year:
 - Call Center launched 4 January 2021; (762) 408-2172
 - Email us via Tricare Online Secure Messaging; “pharmacy provider”
 - Drop-off service



Coming Soon!

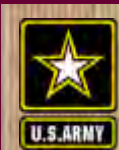
- ScriptCenter
- GSL Text Messaging
- Q-flow upgrades (Q-anywhere, text messaging, workflow and display features)
- Internet request via Pharmacy Homepage
- Tricare online feature for new prescriptions



Help us help you!

- Call us if you have any issues; call us to schedule pick-up!
- Ensure off-post providers are prescribing you a formulary drug.
 - TRICARE Formulary: <https://www.express-scripts.com/tform>
- **Provider Electronic prescription transmission (ERX)**
 - Don't take paper prescriptions if at all possible
 - insist electronic submission of prescriptions





Help us help you!

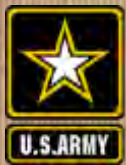
- **Busiest times:**
 - Busiest days: Mon and Fri
 - Longest wait times are 0800-0900, lunch, 1600-1700;
 - If you can come back later, please coordinate with us
- **Flexibility and accommodation on both sides**



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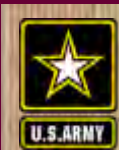
Benning-Martin Army Community Hospital
Pharmacy Services

Pharmacy Service Option	Cost
Military Treatment Facility	No cost to any beneficiary
TRICARE Network (30 day supply)	ADSM - \$0 Generic formulary - \$13 Brand name formulary - \$33 Non Formulary - \$60
Home Delivery (90 day supply) "Express Scripts"	ADSM - \$0 Generic formulary - \$10 Brand name formulary - \$29 Non Formulary - \$60
Non-Network Pharmacy	Customer will pay full price of drug and file a claim for reimbursement. Deductible prior to reimbursement.



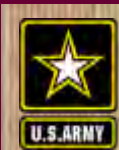
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Emergency Department



Community ED Wait Time Comparison

	St. Francis	Doctor's	Medical Center	BMACH
Non-critical Patients (average)	3 hr. 8 min.	3 hr. 53 min.	3 hr. 37 min.	2 hr. 33 min.
Serious Patients (average)	6 hr. 37 min.	6 hr.	11 hr.	4 hr. 33 min



Getting Better!

- Hiring additional staffing to support needs
- Opening Fast Track to route non-critical patients efficiently to reduce wait times

Coming Soon!

- Trauma Certification
- Emergent LPN certification
- SAMFE Nurse



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Benning-Martin Army Community Hospital

“Readying America’s fighting families, past, present, and future!”

<https://martin.tricare.mil/>

Army Wellness Center Mission

Army Wellness Centers provide integrated and standardized **primary prevention** programs and services that promote enhanced and **sustained healthy lifestyles** to improve the overall well-being of **Soldiers and Family Members.**

AWC Target Population

•#1 Priority U.S. Army Soldier

- Medical Referral
- APFT Failure
- Failed Tape Test, or 3% at risk
- Unit Referral
- Self-Referral

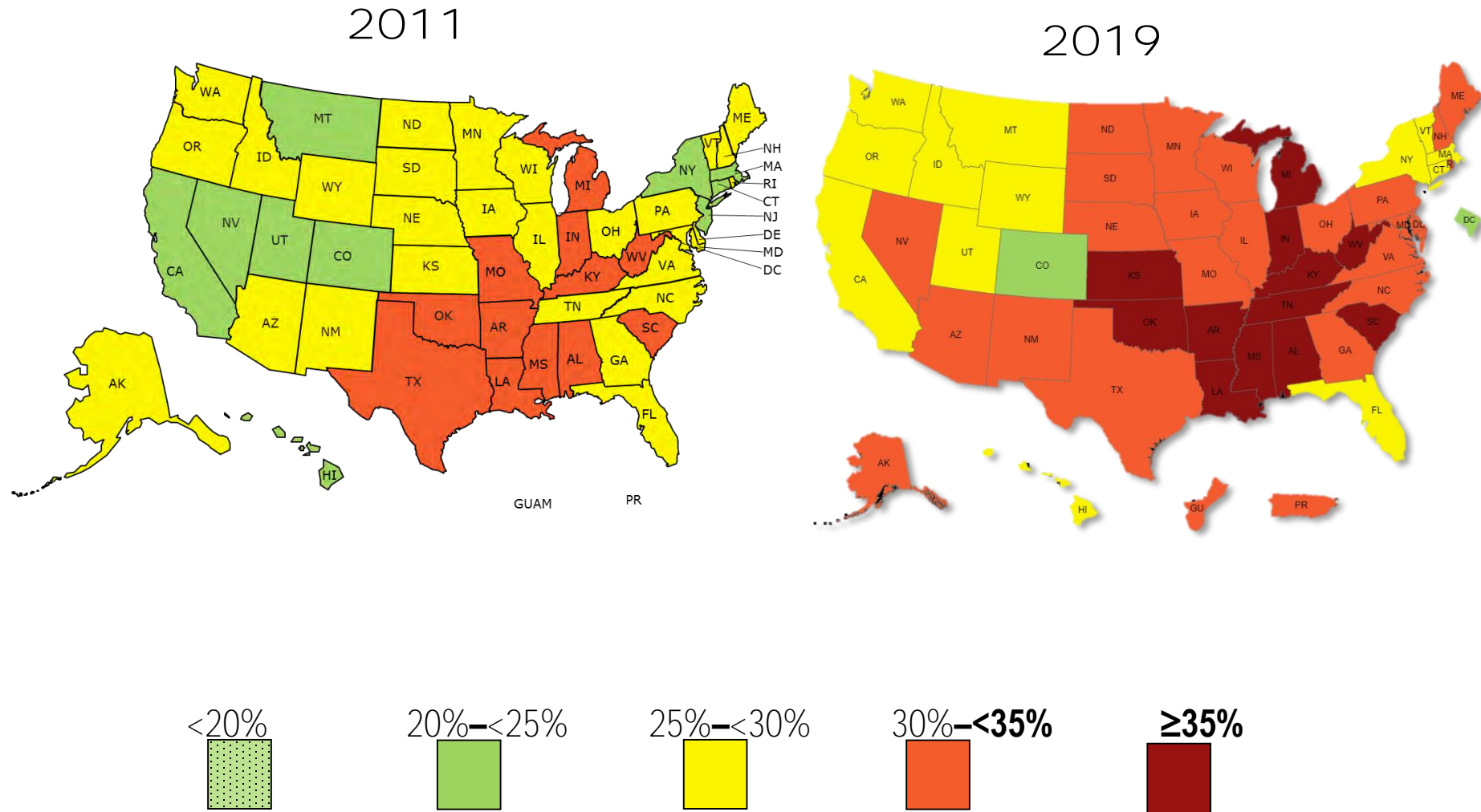
•Family Member

- Medical Referral
- Self Referral

•Retiree

- Medical Referral
- Self Referral

•DA Civilian



Source: Behavioral Risk Factor Surveillance System, CDC.

*Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011



BMI ≠ BMI



Body Composition



SUBJECT INFORMATION		BODY COMPOSITION RESULT	
NAME	Richard Hoke	% FAT	16.6 %
AGE	45	% FAT FREE MASS	83.4 %
GENDER	Male	FAT MASS	28.773 lb
HEIGHT	68.0 in	FAT FREE MASS	144.214 lb
ID_1		BODY MASS	172.987 lb
ID_2		BODY VOLUME	73.969 L
ETHNICITY	Af. Am./Black	BODY DENSITY	1.0608 kg/L
OPERATOR	richhoke	THORACIC GAS VOLUME	3.874 L
TEST DATE	May 16, 2013	OPERATOR COMMENTS	
TEST NUMBER	4420		

TEST PROFILE	
DENSITY MODEL	Sin
THORACIC GAS VOLUME MODEL	Predicted

Body Fat: A certain amount of fat is absolutely necessary for good health. Fat plays an important role in protecting internal organs, providing energy, and regulating hormones. The minimal amount of "essential fat" is approximately 3-5% for men, and 12-15% for women. If too much fat accumulates over time, health may be compromised (see table below).

Fat Free Mass: Fat free mass is everything except fat. It includes muscle, water, bone, and internal organs. Muscle is the "metabolic engine" of the body that burns calories (fat) and plays an important role in maintaining strength and energy. Healthy levels of fat-free mass contribute to physical fitness and may prevent conditions such as osteoporosis.

BOD POD Body Fat Rating Table*

*Applies to adults ages 18 and older. Based on information from the American College of Sports Medicine, the American Council on Exercise, Exercise Physiology (4th Ed.) by McArdle, Katch, and Katch, and various scientific and epidemiological studies.

BODY FAT RATING	MALE	EXPLANATION
<input type="checkbox"/>	Risky (high body fat) > 30%	Ask your health care professional about how to safely modify your body composition.
<input type="checkbox"/>	Excess Fat 20.1 - 30%	Indicates an excess accumulation of fat over time.
<input checked="" type="checkbox"/>	Moderately Lean 12.1 - 20%	Fat level is generally acceptable for good health.
<input type="checkbox"/>	Lean 8.1 - 12%	Lower body fat levels than many people. This range is generally excellent for health and longevity.
<input type="checkbox"/>	Ultra Lean 5 - 8%	Fat levels often found in elite athletes.
<input type="checkbox"/>	Risky (low body fat) < 5%	Ask your health care professional about how to safely modify your body composition.

Metabolic Testing



Personal Weight Management

Rest Metabolic Rate (Kcal/day)
2271

Slow	Normal	Fast
< 1883	1883 - 2497	> 2497

RMR (Resting Metabolic Rate) is the daily amount of calories burned to maintain vital body functions.

Body Mass Index (Kg/m²)
30.5

Under w.	Normal	Over w.	Obesity I	Obesity II	Obesity III
< 18.5	18.5 - 25.0	25.0 - 30.0	30.0 - 35.0	35.0 - 40.0	> 40.0

Body Mass Index (BMI) is calculated by dividing the body weight in Kilograms by height in squared meters. Obesity related problems may occur when BMI is over 25 Kg/m².

Weight (Kg)

Next check: 4 weeks Target weight (Kg): 90.7
 Estimated time to target (weeks): 15

RMR (2271)

Lifestyle (682)

Starvation (271)

2984 kcal

Food

1984 kcal

-1000 kcal

Program
 Physical Activity Level: Sedentary

Weekly Planner
 Exercise
 Sessions per week: 2
 Duration (minutes): 30
 Activity: Leg cycling
 Power (Watt): 0

Recommended Daily Caloric Intake
 Recommended Daily Caloric Intake (kcal/day): 1984
 Daily Caloric Balance (kcal/day): -1000

Remember!
 Follow your exercise plan, as described in the "Weekly Planner"
 Eat 1984 kcal/day; no more, NO LESS!
 See you on 3/29/2010



*Sleep Education
Weight Management
Metabolic Testing
Nutrition Education
Wellness Coaching*



*Exercise Testing
Exercise Prescription
Body Composition Analysis
Health Assessments
Stress Management Education*



AWC

ARMY WELLNESS CENTER

Army Wellness Centers

Increasing Performance and Resiliency through AWCs

Hours of Operation: Monday-Thursday 0700-1600

Fridays 0700-1400

(706) 544-9142

usarmy.benning.medcom-bmach.mbx.bmach-awc@mail.mil

<https://www.facebook.com/FortBenningAWC>

7919 Marne Rd. Bldg 9257

Fort Benning, GA

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R2 Performance Center

Phone: (706) 545-4207

**FORT
BENNING**



R2 PERFORMANCE CENTER



The R2 Performance Center provides training and resources to Soldiers, DA Civilians, and their families

Enhance resilience: *the ability to bounce back and thrive in challenging environments*

- Targets five domains of personal readiness
- Deployment Cycle Resilience Training (DCRT)
- Master Resilience Training Course (MRT-C)



Optimize performances: *consistently performing at one's fullest potential*

- Leader Development Course (LDC)
- Mindfulness
- Mental Skills Foundation
- Building Confidence
- Attention Control
- Energy Management
- Goal Setting
- Imagery



Building Unit Cohesion: *the ability to work together, live by the Army Values, and develop a culture of trust*

- Squad Leader Development (SLD)
- Team Building
- Great Teams Workshop
- ENGAGE

Building 975
7080 Lincoln Ave
Fort Benning, GA 31905

Office: (706) 626-8563
R2 PC Manager: william.r.jones76.ctr@mail.mil
R2 PC Admin: patrick.d.hall3.ctr@mail.mil

Directorate of Emergency Services



Phone: (706) 545 - 5222 / 5223



Directorate of Emergency Services

Fort Benning Traffic Enforcement

- Housing Area Traffic Enforcement
 - Patton Village Traffic Survey 24 – 30 JAN 21
- December Enforcement (01 – 31 DEC 20)
 - Total Traffic Stops - 83
 - Total Citations – 55
 - Housing Areas – 41
 - OSD – 14
 - Verbal Warnings – 28
 - Magistrate tickets – 24 (PV – 9, MP – 5, BH - 4, IH – 3, UPV – 2, BP -1)



Martin Army Community Hospital



The Villages of Benning





FREE VILLAGES OF BENNING
SHRED DAY
SATURDAY, JANUARY 23RD

JOIN US AT THE WELCOME CENTER, 601 LUMKPIN ST.
FROM 10 AM -2 PM FOR OUR ANNUAL SHRED EVENT



JANUARY ONLY

BULK TRASH

**WILL BE PICKED UP
ALL MONTH LONG!**

* Please take your Bulk Trash out on your Village's designated Trash Collection Day.

YES!



YES!

Make sure to put out your **CHRISTMAS TREES**
and **CARDBOARD BOXES.**



MAKE YOUR HOLIDAYS EVEN HAPPIER

**REFER A
FRIEND
RECEIVE
\$300**

Nothing makes the holidays happier than having
your friend as your neighbor!



The Villages
OF BENNING



THE TRENDSETTER AWARD

RESIDENTS WHO SET THE BAR HIGH IN CURB APPEAL!

TRENDS WE'LL BE ON THE LOOKOUT FOR:

- GENERAL NEATNESS OF YOUR YARD
- GENERAL APPEARANCE OF YOUR HOME
- WELL KEPT MULCH AND FLOWER BED
- MEET RRG REQUIREMENTS: HOME EXTERIOR

WE JUST WANTED TO REMIND YOU TO

G

E

L

COMPLETE
THE 2020 RCI

TENANT

SATISFACTION SURVEY

EMAILED DECEMBER 2ND

FROM: ARMYHOUSINGSURVEY

@CELANDASSOCIATES.COM

Your Voice Matters



The Villages
OF BENNING

OMB: 0704-0553 DATE: 31 March 22

Commissary





PHONE Number	Store Director	Dept.	Ext.	Dept.	Ext.
	Patricia (Patti) King	Customer Service	3325	Produce	3338
	patricia.king@deca.mil	Asst. Store Dir.	3307	Meat	3341
	706-544-3965x 3351	Grocery	3320	Secretary	3305

STORE Hours	Sun: 1000-1900	Wed: 0900-1900
	Mon: 0900-1900	Thu: 0900-1900
	Tue: 0900-1900	Fri: 0900-1900
		Sat: 0900-1900
	Early Bird Shopping:	Suspended at this time

Store Director's Scoop

YOUR COMMISSARY ...
It's Worth the Trip!

Due to the COVID-19 pandemic, our new store hours will be Sunday 1000-1900, Monday thru Saturday 0900-1900 with the hours of 0900-1000 reserved for patrons who are 65 years or older and those listed by the CDC as high risk. Guests may enter the commissary only when accompanied by an authorized patron. To protect the commissary benefit, I.D. cards will be verified upon checkout.

UPCOMING HOLIDAY HOURS

MARTIN LUTHER KING DAY

Monday, January 18th
Store Hours 0900-1700

WASHINGTON'S BIRTHDAY

(Presidents' Day)
Monday, February 15th
Store Hours 0900-1700

All other days are normal operating hours

COVID-19 matters Your safety is our top priority as we all cope with pandemic

Amid the ongoing COVID-19 outbreak, the Defense Commissary Agency is reassuring customers and employees that their health and welfare is the commissaries' top priority.

"We exist to enrich our customers' quality of life by providing significant savings on their groceries, and they can rest assured that we will do so safely and efficiently," said William F. Moore, DeCA director.

Since the start of the pandemic, DeCA has implemented numerous measures to mitigate the spread of the virus in commissaries. Read more on our website at www.commissaries.com.

Want help paying for education? It's time to apply for Scholarships for Military Children

The Scholarships for Military Children Program for academic year 2021-2022 is accepting applications through Feb. 17.

The program, now entering its 21st year, recognizes the contributions of military families to the readiness of the fighting force and celebrates the commissary's role in enhancing military quality of life. It's administered by Fisher House Foundation, and so far the program has awarded more than \$20.1 million to 11,814 students, selected from a pool of nearly 105,000 applicants.

Find out how you can apply on our website at www.commissaries.com.

YES! Your Everyday Savings

Enjoy consistently lower prices on the items you love!



Year-round savings, trusted brands and great prices daily.

Staying informed about food safety-related recalls is a full-time job

Thanks to Commissaries.com, it's just a couple of clicks away. Click [Stay Informed](#) for alerts on products sold in commissaries or on [All Recalls](#) from the FDA.

Thank you for shopping at your Fort Benning Commissary!



Army & Air Force Exchange Service



Public Affairs



YOUR HUB FOR INFORMATION

FORT BENNING PUBLIC AFFAIRS OFFICE

NEWS CONTENT WEBSITES

<https://www.benning.army.mil>
<https://www.army.mil/benning>
<https://www.benningnews.org>

SOCIAL MEDIA

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-  FortBenningMCoE
-  BenningTV
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-  FortBenning
-  BenningTV

PHOTOGRAPHY

<http://www.fortbenning.smugmug.com>

MEDIA ADVISORIES & PRESS RELEASES

<https://www.benning.army.mil/MCoE/PAO/>





RELIGIOUS SUPPORT OFFICE

Sr. Command Chaplain – **CH (COL) Dawud Agbere**

Office # - (706) 545-2289

dawud.a.agbere.mil@mail.mil

Garrison Chaplain – **CH (LTC) Michael Patterson**

Cell # - (706) 545-3964

michael.w.patterson.mil@mail.mil



**FORT BENNING
RELIGIOUS SUPPORT
CHAPEL SERVICES
Holiday Block Leave & HPCON C**

Faith Group	Chapels	DTG	20DEC	Christmas Eve	Christmas	27DEC	3JAN	10JAN	17JAN	24JAN	31JAN
Catholic	Main Post Chapel	0900 SUN	In Person	No Service	In Person	In Person	Virtual	Virtual	Virtual	TBD	TBD
	The Infantry Chapel	1400 SUN	In Person	No Service	In Person	In Person	Virtual	Virtual	Virtual	TBD	TBD
	Daily Mass	NO DAILY MASS UNTIL HPCON B									
	All Sandhill Services	NO CORPORATE SERVICES ON SANDHILL UNTIL HPCON B									
Protestant	Main Post Chapel – Crossroads	1100 SUN	In Person	In Person	No Service	In Person	Virtual	Virtual	Virtual	TBD	TBD
	The Infantry Chapel	0900 SUN	In Person	In Person	No Service	In Person	Virtual	Virtual	Virtual	TBD	TBD
	Sightseeing Road Chapel	1045 SUN	Virtual	No Service	No Service	Virtual	Virtual	Virtual	Virtual	TBD	TBD
	Airborne Chapel	0830 SUN	No Services					Virtual	Virtual	TBD	TBD
	All Sandhill Services	NO CORPORATE SERVICES ON SANDHILL UNTIL HPCON B									

For more information: Contact the Religious Support Office – (706) 545-2289



Battle Buddy Resource Center
6831 Vibbert Avenue, Bldg. 16
Fort Benning, GA 31905
By appointment only

BATTLE BUDDY RESOURCE CENTER (BBRC)

A food and Hygiene pantry provided by the Ft. Benning
Chaplains & Chapel Congregations

FOR WHOM?

Available to all DoD ID Card holders living on Ft. Benning and in
the Surrounding areas

HOW TO RECEIVE THIS SERVICE

Contact your Unit Chaplain or the BBRC

CONTACT INFORMATION

www.facebook.com/fortbenningbbrc
www.battlebuddyresourcecenter@gmail.com

After duty hours: Fort Benning Staff Duty Desk
@ (706) 545-2218 to reach the On-Call Duty Chaplain

Directorate of Family and Morale, Welfare and Recreation



<https://benning.armymwr.com/>



UNITED STATES ARMY
EST FORT BENNING, GA 1918
Sports • Fitness • Aquatics

2021 MWR RUNS SAVE THE DATE

** Indicates part of the 5K Fun Run Series*

For more information, visit us at benning.armymwr.com



March 6 at 10 a.m.
4-Legged Love Run 5k *

March 27 at 8 a.m.
Easter Egg Color Run 5k *

May 8 at 8 a.m.
Run to Remember 5k *

July 31 at 8 a.m.
Summer Soaker 5k *

September 2 at 7 p.m.
Beat the Sun Run 5k *

October 16 at 9 a.m.
Oktoberfest 5k/10k

November 19 at 6:30 a.m.
Turkey Trot 5k

December 11 at 9 a.m.
Ugly Sweater 5k



<https://benning.armymwr.com/>

Bowling Entertainment Center

JANUARY EXCLUSIVES

We are closed Jan 4-18 due to ROM.

Weekend Wingding

\$10 unlimited bowling and shoe rental, available on weekends

2-1 FOR 2021

\$2 shoe rental and \$1 bowling games, available on weekdays

During your visit, don't forget to ask us about punch cards.

6530 Eckel Avenue, Building 2785 | 706-545-4272



<https://benning.armymwr.com/>



FAMILY FUN DAY & ARCHERY CLINIC

FEBRUARY 6 » 9 A.M. - NOON » KINGS POND

Kayaks and canoes will be available for families to enjoy! Plus, a subject-matter expert will be onsite to help you learn the basics of archery. Pre-registration is required for this free event to guarantee equipment for all attendees.

Call 706-545-7978 to pre-register before February 5.

<https://benning.armymwr.com/>



January DAILY DEALS

MALL BOWLING CENTER

We are closed
Jan 4-18 due
to ROM.

WEEKEND WINGDING
\$10 unlimited bowling and shoe rental for two hours on weekends

BOWL AWAY THE WEEKDAY
\$2 per game and per shoe rental on weekdays

Standard COVID-19 safety precautions and procedures in place. For more info, visit benning.armymwr.com

<https://benning.armymwr.com/>



Long Library and the Military Child
Education Coalition Parent Programs Team
present

PRE-SCHOOL STORY TIME & EARLY LITERACY WORKSHOP

WEDNESDAYS AT 10 a.m.

Location varies by date and weather permitting.
In person events take place at the Blue Fields;
virtual events available via Facebook or WebEx.
Visit benning.armymwr.com for more info.



<https://benning.armymwr.com/>

SPOIL YOUR CAR *Special* Auto Skills Center

Every Wednesday
January - March

Get a Bulk Mobil 1 Oil Change
and receive a
FREE CAR WASH



Auto Skills Center
Building 111, 6800 Marchant Avenue
706-545-2337

MWR Car Wash Locations
Harmony Church (Jamestown Road)
Main Post (Marchant Avenue)
Mall/Commissary Area (Marne Road)



<https://benning.armymwr.com/>



SUNSET COUPLES BOAT CRUISE

February 13, 4:30 – 6:30 p.m.
Uchee Creek Marina

\$15
per person

Space is limited. Reserved for military ID cardholders only.
Registration Deadline: February 12. Call 706-545-7978 to register.

<https://benning.armymwr.com/>

Fitness – An Important Aspect to Wellness

- **MWR offers fitness opportunities that contribute to overall wellness.**
 - **Fitness Classes**
 - Offered Mon-Sat and range in format from weight lifting (Body Pump), cardio (Spin) to classes such as Zumba and Yoga.
 - All 6:30 AM classes are free for Active Duty in PT uniform.
 - Cost is \$3.00 per class or \$25 for a monthly pass.
 - **Personal Training**
 - We have trainers that can help you with your fitness goals. Prices vary based on number of sessions and range from 4 session to 12 sessions.
 - **Yoga**
 - We offer Yoga classes as part of our Fitness Program. Classes are held during PT, lunch and in the evening. Cost is the same as Fitness Classes.
 - **5 Easily Accessible Fitness Centers**
 - All facilities are open Mon-Fri, some are open weekends.
 - Visit benning.armymwr.com/sports-and-fitness for current hours.
 - **5K running series**
 - Run, walk, push a stroller, or do virtually.
 - You do not need to be a runner to enjoy these events and its a great way to get outdoors and be active.

For our Fitness Class schedule, list of 5K race dates or facility directions and hours of operation please visit our website at: www.benning.armymwr.com/sports-and-

Garrison Commander



COL Matthew Scalia

The next CARE Meeting is
Tuesday, **2 February 2021**

Topic: *Spring Break Fun*

