

# COMMAND / UNIT RESOURCES

- **Armed Forces Wellness Center (A, AF, N, M, CG FM, CIV)**  
500 Sternberg Avenue (757) 314-7724  
The Armed Forces Wellness Center helps service members, retirees, their families, and civilian employees build and sustain good health. It empowers them to set their own health goals and achieve them, and address lifestyle change in areas that affect both short- and long-term health.
- **American Red Cross (A, AF, N, M, CG, FM)**  
650 Monroe Avenue Room 125 (757) 759 – 3660 The American Red Cross can provide support to service members, veterans, and their families in effectively coping with the challenges related to the transitions within military life. **\*\*Requires a minimum of 8 participants\*\***
- **Ready and Resilient Program (A, AF, N, M, CG, FM, CIV)**  
878-8219; vidale@magellanfederal.com  
R2 Performance Centers provide customized performance training that enables Soldiers to sustain personal readiness, enhance resilience, optimize human performance, and build unit cohesion. Training is available at R2 Performance Centers Army-wide, to active duty, Reserve and National Guard Soldiers, as well as Family members and DA Civilians.
- **Holistic Health and Fitness (H2F) (A)**  
**7TBX Only** - Make an appointment: Visit TMC 2 for a referral or visit 870 Victory Blvd <https://h2f.army.mil/>  
Holistic Health and Fitness empowers and equips Soldiers to take charge of their health, fitness, and well-being in order to optimize individual performance, while preventing injury and disease.
- **Suicide Prevention Program Manager** tina.m.howard3.civ@army.mil  
705 Washington Blvd, Suite 220 C-83
- **Drug Demand Reduction Program (DDRT)** are specialized resources that focus on preventing substance misuse before it occurs.