

COMMAND / UNIT RESOURCES

Armed Forces Wellness Center

Audience: A, AF, N, M, CG, FM, CIV
500 Sternberg Ave | (757) 314-7724

American Red Cross

Audience: A, AF, N, M, CG, FM
650 Monroe Ave Rm 125 | (757) 759-3660

Ready and Resilient Program (R2)

Audience: A, AF, N, M, CG, FM, CIV
(757) 878-8219 | vidale@magellanfederal.com

Holistic Health and Fitness (H2F)

Audience: A
Visit TMC 2 or 870 Victory Blvd | <https://h2f.army.mil/>

Suicide Prevention Program Manager

Audience: A
705 Washington Blvd, Suite 220 | Teams: 520-725-3107

AUDIENCES

-  **Army**
-  **Air Force**
-  **Navy**
-  **Marine Corps**
-  **Coast Guard**
-  **Family Members**
-  **Civilians**