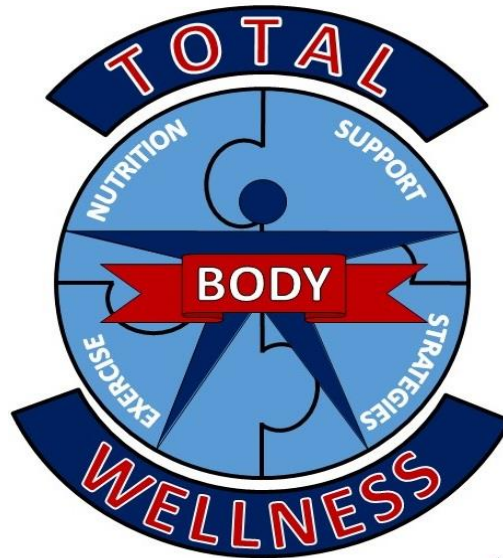


The 10th Medical Group invites you to the Total Body Wellness Program!



Putting all the pieces together

What: A wellness program taught by medical professionals who care about your health

Where: USAFA Medical Group Main Clinic, Second Floor Class Room

When: Each Wednesday from 3:30 p.m. to 4:30 p.m. - 12 weeks

Who: All TRICARE Prime and TRICARE PLUS Enrollees

Class size is limited to 15 participants

Call to sign up: 719-333-5151/5163

OR

Message us on the [MHS GENESIS Patient Portal](#) by choosing message my provider, search USAF Academy Health Management

Free fitness & nutrition gear for program participants