

JIPT PLANNING CALENDAR - 2017 Joint Base Elmendorf-Richardson

Wellness Outcomes/Benefits

Date	Event	Purpose	POC	Audience	Physical	Social	Stress Management	Communication	Relationships	Financial	Family	Emotional	Occupational	Health & Safety	Spiritual	Resiliency-Overall
By request	Four Lens Personality Test	Improves communication & teamwork by knowing your personality style and that of others	Military Family Support Center ("Log Cabin") 552-0885	For units and workshops		X		X	X							X
EVERY Weekend	Joint Base Against Drunk Driving - JBADD Warrior Zone (Fri-Sat: 2300-0400)	Volunteer to provide safe, reliable rides home. Help your battle buddy/wingman AND earn volunteer hours.	SGT Darnell Lockwood 384-RIDE	JBER									X	X		
Every Tuesday	AF Mass Pre-Separation Briefing 0900-1200, Bldg 7153	Prepare individual on what to expect in transitioning to civilian life & TAP session	AFTC (AF Transition Center) 552-6619	JBER												X
Every Tuesday	AF Pre-Deployment Briefing 0900-1000, Bldg 8535	Prepare individuals on what to expect during deployment and services available for families left behind	Military Family Support Center ("Log Cabin") 552-4943	JBER												X
Every Wednesday	AF Reintegration Briefing 0730-0900, Bldg 8535 Spouses are welcome to attend	Prepare individuals to transition smoothly back to unit and their families	Military Family Support Center ("Log Cabin") 552-4943	JBER												X
August 8, 2017	Tobacco Cessation (1130-1230)	Quit tobacco. (One session only. Class in TMC. Call HAWC to register)	HAWC 551-2361 or 673MDG.SGPZ@us.af.mil. Must register for class.	JBER	X		X									
August 9, 2017	Better Body, Better Life#4 (0900-1100)	Healthy Lifestyle/Weight Loss (5 sessions)	HAWC 551-2361 or 673MDG.SGPZ@us.af.mil. Must register for class.	JBER	X											

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August 10, 2017	Tobacco Cessation (1200-1400)	Quit tobacco (One session only. Class at HAWC)	HAWC 551-2361 or 673MDG.SGPZ@us.af.mil. Must register for class.	JBER	X		X									
August 15, 2017	Army Body Composition Program (0930-1130)	Weight Loss program for AD Army who fail their tape (i.e., on Army Body Comp program) Class in Bldg 7 (Ed Ctr - Rich)	HAWC 551-2361 or 673MDG.SGPZ@us.af.mil. Must register for class.	JBER	X								X			X
August 15, 2017	Tobacco Cessation (1130-1230)	Quit tobacco. (One session only. Class in TMC. Call HAWC to register)	HAWC 551-2361 or 673MDG.SGPZ@us.af.mil. Must register for class.	JBER	X		X									
August 16, 2017	Better Body, Better Life#5 (0900-1100)	Healthy Lifestyle/Weight Loss (5 sessions)	HAWC 551-2361 or 673MDG.SGPZ@us.af.mil. Must register for class.	JBER	X											
August 17, 2017	Weight Loss (one session) (0930-1030)	Support achievement of personal weight loss goals	HAWC 551-2361 or 673MDG.SGPZ@us.af.mil. Must register for class.	JBER	X								X			X
August 22, 2017	Tobacco Cessation (1130-1230)	Quit tobacco. (One session only. Class in TMC. Call HAWC to register)	HAWC 551-2361 or 673MDG.SGPZ@us.af.mil. Must register for class.	JBER	X		X									
August 23, 2017	Better Body, Better Life#1 (0900-1100)	Healthy Lifestyle/Weight Loss (5 sessions)	HAWC 551-2361 or 673MDG.SGPZ@us.af.mil. Must register for class.	JBER	X											
August 24, 2017	Tobacco Cessation (1200-1400)	Quit tobacco (One session only. Class at HAWC)	HAWC 551-2361 or 673MDG.SGPZ@us.af.mil. Must register for class.	JBER	X		X									
August 29, 2017	Tobacco Cessation (1130-1230)	Quit tobacco. (One session only. Class in TMC. Call HAWC to register)	HAWC 551-2361 or 673MDG.SGPZ@us.af.mil. Must register for class.	JBER	X		X									

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August 29, 2017	Weight Loss (one session) (1330-1430)	Support achievement of personal weight loss goals	HAWC 551-2361 or 673MDG.SGPZ@us.af.mil. Must register for class.	JBER	X								X			X
August 30, 2017	Better Body, Better Life#2 (0900-1100)	Healthy Lifestyle/Weight Loss (5 sessions)	HAWC 551-2361 or 673MDG.SGPZ@us.af.mil. Must register for class.	JBER	X											
August 30, 2017	Army Body Composition Program (1330-1530)	Weight Loss program for AD Army who fail their tape (i.e., on Army Body Comp program) Class in Bldg 7 (Ed Ctr - Rich)	HAWC 551-2361 or 673MDG.SGPZ@us.af.mil. Must register for class.	JBER	X								X			X
August 31, 2017	Tobacco Cessation (1200-1400)	Quit tobacco (One session only. Class at HAWC)	HAWC 551-2361 or 673MDG.SGPZ@us.af.mil. Must register for class.	JBER	X		X									
September 6, 2017	Better Body, Better Life#3 (0900-1100)	Healthy Lifestyle/Weight Loss (5 sessions)	HAWC 551-2361 or 673MDG.SGPZ@us.af.mil. Must register for class.	JBER	X											
September 7, 2017	Tobacco Cessation (1200-1400)	Quit tobacco. (One session only. Class in TMC. Call HAWC to register)	HAWC 551-2361 or 673MDG.SGPZ@us.af.mil. Must register for class.	JBER	X		X									
September 11, 2017	Weight Loss (one session) (1000-1100)	Support achievement of personal weight loss goals	HAWC 551-2361 or 673MDG.SGPZ@us.af.mil. Must register for class.	JBER	X								X			X
September 12, 2017	Army Body Composition Program (0930-1130)	Weight Loss program for AD Army who fail their tape (i.e., on Army Body Comp program) Class in Bldg 7 (Ed Ctr - Rich)	HAWC 551-2361 or 673MDG.SGPZ@us.af.mil. Must register for class.	JBER	X								X			X
September 12, 2017	Tobacco Cessation (1130-1230)	Quit tobacco. (One session only. Class in TMC. Call HAWC to register)	HAWC 551-2361 or 673MDG.SGPZ@us.af.mil. Must register for class.	JBER	X		X									

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September 13, 2017	Better Body, Better Life#4 (0900-1100)	Healthy Lifestyle/Weight Loss (5 sessions)	HAWC 551-2361 or 673MDG.SGPZ@us.af.mil. Must register for class.	JBER	X											
September 14, 2017	Tobacco Cessation (1200-1400)	Quit tobacco (One session only. Class at HAWC)	HAWC 551-2361 or 673MDG.SGPZ@us.af.mil. Must register for class.	JBER	X		X									
September 19, 2017	Tobacco Cessation (1130-1230)	Quit tobacco. (One session only. Class in TMC. Call HAWC to register)	HAWC 551-2361 or 673MDG.SGPZ@us.af.mil. Must register for class.	JBER	X		X									
September 20, 2017	Better Body, Better Life#5 (0900-1100)	Healthy Lifestyle/Weight Loss (5 sessions)	HAWC 551-2361 or 673MDG.SGPZ@us.af.mil. Must register for class.	JBER	X											
September 26, 2017	Tobacco Cessation (1130-1230)	Quit tobacco. (One session only. Class in TMC. Call HAWC to register)	HAWC 551-2361 or 673MDG.SGPZ@us.af.mil. Must register for class.	JBER	X		X									
September 26, 2017	Weight Loss (one session) (1330-1430)	Support achievement of personal weight loss goals	HAWC 551-2361 or 673MDG.SGPZ@us.af.mil. Must register for class.	JBER	X								X			X
September 27, 2017	Better Body, Better Life#1 (0900-1100)	Healthy Lifestyle/Weight Loss (5 sessions)	HAWC 551-2361 or 673MDG.SGPZ@us.af.mil. Must register for class.	JBER	X											
September 27, 2017	Army Body Composition Program (1330-1530)	Weight Loss program for AD Army who fail their tape (i.e., on Army Body Comp program) Class in Bldg 7 (Ed Ctr - Rich)	HAWC 551-2361 or 673MDG.SGPZ@us.af.mil. Must register for class.	JBER	X								X			X
September 28, 2017	Tobacco Cessation (1200-1400)	Quit tobacco (One session only. Class at HAWC)	HAWC 551-2361 or 673MDG.SGPZ@us.af.mil. Must register for class.	JBER	X		X									