

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
May 16, 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										
May 17, 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												

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May 23, 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									
May 24, 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
May 25, 2017	Weight Loss (one session) (0900-1000)	Support achievement of personal weight loss goals	HAWC 551-2361 or 673MDG.SGPZ@us.af.mil. Must register for class.	JBER	X								X			X
May 25, 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									
May 31, 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											
June 1, 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									
June 6, 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									
June 7, 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											
June 7, 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

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June 8, 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									
June 12, 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
June 13, 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									
June 14, 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											
June 20, 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
June 20, 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									
June 21, 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											
June 22, 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									
June 27, 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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June 27, 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
June 28, 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											
June 29, 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									
July 5, 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											
July 5, 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
July 6, 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									
July 10, 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
July 11, 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									
July 12, 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											

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July 13, 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									
July 18, 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
July 18, 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									
July 19, 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											
July 25, 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									
July 25, 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
July 26, 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											
July 27, 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									