

5th Annual Fort Bragg Spouse Wellness Conference

Taking Time for Me!

May 11 from 8 am - 3 pm

**Family Readiness Group Center &
Hercules Physical Fitness Center**

- Box Lunch Provided -

Registration Fee: \$7.00

(Cash or Money Order Only)

Registration Opens March 20

Forms will be available March 20 online at www.Bragg.ArmyMWR.com, or for pick up at the Soldier Support Center, 3rd floor, the Family Readiness Group Center and Hercules PFC. Registration payments accepted at SSC and FRGC only. *Unfortunately, online registration is not available.*

For more information, call

396-8160

Limited child care available.

Must have current CYS registration.



Soldier Support Center, 3rd Floor
Download our free Fort Bragg ACS mobile app!
Twitter and Instagram @FortBraggACS
www.Facebook.com/FortBraggACS
www.Bragg.ArmyMWR.com/US/Bragg/Programs/ACS

2017 WORKSHOP DESCRIPTIONS

Basic Weapon Safety – Learn what questions to ask yourself and the experts. Why do I need a weapon? What state and local laws do you need to know? What is the permitting process? Safety precautions when there are children in the home?

Chiropractic Care – Facts vs Myths – This workshop provides an overview of Chiropractic – what it is, how it can help, facts vs myths, as well as answer any questions you may have.

Essential Oils – Every Day Uses – What are essential oils, how they are made, difference in the market, and how to use them in your everyday environment.

Medication Mash Up – Learn about the issues and potential dangers of combining supplements, prescription medications, herbs, etc. How to safely choose/use over the counter medications and dietary supplements.

Spectrum Temperament Development – THIS WORKSHOP COVERS 2 TIMESLOTS. This fun and interactive workshop will help you to recognize your natural talents, skills and preferences of people, emphasizing strengths, and understanding why you do what you do and the reasons others do the same.

Silver Metal Clay – Use pure silver clay to make your own one-of-a-kind pendant.

Self Defense - Provides hands-on, real-world application of assailant countering tactics.

Kickboxing – Cardio-based, medium/high intensity combining aerobic style punching and kicking drills using interval and plyometric moves.

Introduction to Functional Fitness - NO EQUIPMENT REQUIRED!! Participants will learn and perform the exercises, including modifications to make the exercise easier for newbies and more effective for athletes. This class is for everyone and can be done anywhere...whether traveling, deployed, or at home with the kids.

Climbing Wall – identify/demonstrate safety equipment; describe belay options; describe climbing as an individual and team sport for an exercise routine/strength training; demonstrate and assist with climbing techniques.

Social Media Addiction - How to keep up with social media in the digital age. Discover how social media increases dopamine levels in the body, how to navigate social media sites, and the warning signs that it is taking over your life.

More than Skin Deep – Strategies to maintain healthy skin and will review common skin care products and ingredients. Time permitting, discuss cosmetic procedures and their purported benefits and risks.

Make Ahead Meals – Plan ahead (from shopping, prepping and storage) to prepare easy and delicious weeknight meals.

Maintain Your Sanity thru Music - Designed to help you reduce stress and anxiety. Factors such as health, life circumstances or responsibilities compete for attention and energy, resulting in stress, worry or anxiety. Taking yourself through this music lead imagery allows the body to release its healthy, healing powers, resulting in an increased ability to cope, manage, rest and feel in control.

Using Nature to Create Unique Décor – From flower arranging to gift ideas, using natural items from your own yard to create unique, personalized décor items and gifts.

Boot Camp - High intensity workout combining strength, cardio, and muscle endurance using functional movement patterns.

Kettlebells - A perfect hinge leading to a perfect swing is the foundation of kettlebell training designed to promote health in individuals with low back pain - strengthen glutes, stretch hip flexors, develop endurance/promote bracing instead of hollowing.

Running for Life – For those new to running and those advanced runners – discussion topics include form and gait analysis, hydration and nutrition, and injury prevention. Learn the right way - training for a marathon or just trying to get off the couch!

Yoga – Designed to accommodate both the beginner and the more advanced – focusing on breathing as well as gentle yet challenging stretching and strengthening.

Optimizing Sleep to Benefit You – Adequate sleep requires TIME and unfortunately sleep is the first thing sacrificed in a time crunch. As a society, we need to transform the idea that sleep is a waste of my time to the idea that sleep is critical to my overall performance.

Mindful Meditation - Developing your own mindful breathing practice is different for every person and is different each day. Explore how these skills can be beneficial in helping promote calmness, peace and balance in our daily lives.

Five Love Languages – “The object of love is not getting something you want but doing something for the well-being of the one you love.” It is possible for couples to “truly” love each other....find out how with this session.

Container Gardening – Cheaper than Therapy! – Discover the therapeutic benefits (calming and relaxing) to getting your hands dirty and enjoying the fruits of your labor. Learn how to have a glorious garden – all in containers!

Zumba – Latin inspired cardio dance workout that uses music and choreographed steps to form a fitness party!

Muscles - Weight class, low to medium workout set to tone and strengthen the major muscle groups.

Massage Therapy Techniques - Instruction and application of basic massage therapy techniques.

Basic Car Maintenance Tips – How much do you know about the vehicle you drive? Do you know how to check the air in the tires, check the oil and fluid levels? Where is your spare tire? Learn the basics – and not just how to call AAA!

2017 FORT BRAGG SPOUSE WELLNESS CONFERENCE REGISTRATION FORM

"Taking Time for You"

Submit completed form and \$7 registration fee (CASH ONLY) to ACS, 3rd Floor, Soldier Support Center or the Family Readiness Group Center, not later than Friday, May 5 (or when slots are filled).

Last Name: _____ First Name: _____

Email Address (Required): _____ Phone: _____

Do you need child care+ (full day only)? Yes ____ No ____ If yes, current CYS card? Yes ____ No ____

Please list names of children requiring care & their ages: _____

Note that child care is limited and is full day only - we are unable to accommodate before/after school care for older children. Child care is provided at Maholic CDC and the SFAC Hourly Care Center.

Shirt Size* S ____ Med ____ Lg ____ XL ____ 2XL ____ 3XL ____ (**T-SHIRTS ARE STANDARD STYLE; size confirmed when registered by April 21; registration submitted after, we'll do our best to have your size!*)

Vegetarian Lunch Required? Yes ____ No ____

Session 1 – 9:45 am – 10:45 am

Mark Your (1st) & (2nd) Choices

- ____ *Basic Weapon Safety
- ____ *Chiropractic Care – Myths vs Facts
- ____ *Essential Oils-Everyday Uses
- ____ *Medication Mash Up
- ____ *Spectrum Temperament (***covers Sessions 1&2***)
- ____ *Silver Metal Clay
- ____ **Self Defense
- ____ **Kickboxing
- ____ **Intro to Functional Fitness
- ____ **Climbing Wall

Session 2 – 11:05 am – 12:05 pm

Mark Your (1st) & (2nd) Choices

- ____ *Social Media Addiction
- ____ *More than Skin Deep
- ____ *Make Ahead Meals
- ____ *Maintain Your Sanity thru Music"
- ____ *Spectrum Temperament (***covers Sessions 1&2***)
- ____ *Using Nature to Create Unique Décor
- ____ **Boot Camp
- ____ **Kettlebells
- ____ **Running for Life

Session 3 – 1:40 pm – 2:40 pm

Mark Your (1st) & (2nd) Choices

- ____ *Yoga (all levels)
- ____ *Optimizing Sleep
- ____ *Mindful Meditation
- ____ *Five Love Languages
- ____ *Container Gardening
- ____ **Zumba
- ____ **Muscles
- ____ **Massage Therapy Techniques
- ____ ***Basic Car Maintenance

Workshop Locations:

- *Family Readiness Group Center*
- **Hercules Physical Fitness Center*
- ***Auto Skills Shop*

STAFF USE ONLY

Date Received _____

Registration Fee _____ Receipt # _____

CYSS Verified _____ Staff Initials _____

RELEASE OF LIABILITY
Data Required by the Privacy Act of 1974

Prescribing Directive: 10 USC 2733, 28 USC 2671-2680, AR 27-20

Authority: Title 10, USC 3012. Principal Purposes: To release the United States Government, Department of the Army, XVIII Airborne Corps, Installation Management Agency, Fort Bragg, and the agents and employees thereof from any and all liability arising from or incident to participation in the 2017 Spouse Wellness Conference workshop activities.

Mandatory or Voluntary Disclosure and Effect on Individual Not Providing Information: Voluntary; however, if information is not provided, participation in the 2017 Spouse Wellness Conference workshop activities.

In consideration of the permission extended to me by the United States, through its agents, to participate in the 2017 Spouse Wellness Conference workshop activities, I _____ (print name) agree to release and hold harmless in the United States Government, the Department of Defense, the United States Army, Fort Bragg and the agents and employees thereof from any and all liability for personal injury, death, property damage or loss, or any other loss resulting from or arising out of my participation in the 2017 Spouse Wellness Conference workshop activities on Fort Bragg, North Carolina.

Participation in the 2017 Spouse Wellness Conference workshop activities may include, but is not limited to the risk of death or serious injury such as muscle strains, falls, and/or other injury resulting from the risks/hazards of the designated physical activities, and other related activities; or the conduct of other participants, including their negligence or willful misconduct. **Please note that spouses who are pregnant or suspect they may be pregnant may only participate in the Hercules Physical Fitness Center activities with a doctor's consent.**

I certify that I will abide by all safety rules and the direction of the 2017 Spouse Wellness Conference event staff. I further acknowledge that failure to abide by all safety rules and the direction of the 2017 Spouse Wellness Conference event staff may result in my being disqualified from participating in the 2017 Spouse Wellness Conference event on Fort Bragg.

I also agree to release the United States, the Department of Defense, and the United States Army from any and all liabilities, claims and causes of action, based on or arising from negligence or gross negligence on the part of the United States Army, Department of Defense, Fort Bragg, and its agents and employees.

I also give permission for the use of my photo and/or video of my conference participation for use in marketing of the event or after action news releases.

I acknowledge that I have read and understand the provisions of this release and understand that it is binding upon myself and my assigns, heirs, executors, beneficiaries, family members, and derivative claimants. I further acknowledge that I am over the age of 18 and have no medical history or condition that would preclude me from participating in the 2017 Spouse Wellness Conference event on Fort Bragg.

Date

Printed Name of Participant

Signature of Participant

Date Received _____ *Staff Member* _____