

COMPREHENSIVE HEALTH AND WELLNESS BASIC COURSE

The CHWBC equips students with the proper tools to work on and improve life, health, and wellness.

Students can expect to learn about the five pillars of health and wellness with practical application in each area (mental, physical, social, spiritual, and financial).

The two week course helps students identify root-cause behaviors, develop appropriate interventions, and make comprehensive lifestyle changes that stick.

Click to on the Course Date to Register:

CHWBC
21 APR 23 -
05 MAY 23

CHWBC
03 JUN 23 -
17 JUN 23

LOI
Army - NCOs use
LOI to register



COMPREHENSIVE HEALTH AND WELLNESS EXECUTIVE LEADERS COURSE

CHWELC
24 Apr 23 -
25 Apr 23

- LOI Pending -

The CHWELC is a 1.5 day immersive experience for Executive Military Leaders wanting to learn skills to take analysis to action and information to implementation. Executive Leaders (E9, W5, O6 and above, and GS15) will explore a hybrid of lecture, skill-building activities, and practical exercises within the learning environment which address a variety of challenges associated with high-level organization development, emotional intelligence, and strategic planning. You'll finish this course with innovative ideas which empower your senior leaders to effectively make change and solve problems.

COMPREHENSIVE HEALTH AND WELLNESS LEADERS COURSE

The CHWLC trains leaders to accurately and ethically help their Soldiers or Airmen improve health and wellness.

Students will learn basic motivational interviewing competencies and how to manage the culture of health and wellness at their unit.

Leaders at all levels (E5 and above) are encouraged to attend this five day course to broaden understanding of behavior change and intervention of adversity to effectively help those whom they lead.

Click to on the Course Date to Register:

CHWLC
FULL
02 DEC 23

CHWLC
20 FEB 23 -
24 FEB 23

CHWLC
27 AUG 23 -
01 SEP 23

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