

# JBSA Army Wellness Center Virtual Health Promotion



Check us out on Facebook/YouTube for daily postings! In addition to our theme week topics below (posted every morning at 0800), we will be uploading videos, going live, advertising virtual classes, and providing educational content to help everyone during these uncertain, stressful times.

Content Suggestions? Chat/msg/comment on our Facebook and YouTube at:  
**JBSA AWC**

<b>Mindfulness Monday</b>	<p><b>MINDFULNESS</b></p> <p>MEITATION BREATHE BALANCE STRESS REDUCTION AWARENESS BODY SOUL</p>
	<b>Tech Tuesday</b>
<b>Wellness Wednesday</b>	<p><b>WELLNESS</b></p>
	<b>Tasty Thursday</b>
<b>Fitness Friday</b>	