



Health & Fitness Weekly Wellness Message

For those of you who are new to NDU – welcome! We hope that you have a great year and we look forward to providing support in any way that we can!

Every Monday you can expect a weekly wellness message from us via email. Each message will provide information on various health topics as well as links so that you can expand on your knowledge base. Our goal is to share health information with you and to connect you to the experts. In addition, throughout the year we will be hosting health fairs in Marshall Hall, ICAF or NWC. The wellness messages will keep you informed of these “noteworthy events.”

Health Fitness is located in Eisenhower Hall, Building 59 (ICAF), Room 118. Whenever you are in the area, stop by and say hello. We offer a wide variety of services to help you meet your health and fitness needs. Here is our staff:

Tony Spinosa – Program Director
COL Jerome Buller – Physician
LtCol Karen Rader – Nurse
Major Ben Hando – Physical Therapist
Duane Dunmire – Athletic Trainer
Don Myers – Medical Liaison
Nancy Gouveia – Dietitian

August is National Immunization Awareness Month. In honor of this, we invite you to stop by our table which will be set up outside of Health Fitness on Monday, August 30th from 0800-1300. You can stop by and pick up information on vaccination schedules. **For students who will be traveling in the spring, this is an opportunity to get valuable information.** We hope to see you there!

Want to stay informed about what’s happening in Health and Fitness – become a fan of ours on FACEBOOK! Go to <http://www.facebook.com/pages/Washington-DC/National-Defense-University-Health-and-Fitness-Program/128551210497738> and click on “Sign Up.”

