

## Blanchfield Army Community Hospital

(270) 956-0459

### ♦ Holiday Schedule

In recognition of the upcoming Martin Luther King Jr. holiday, BACH personnel will observe the federal holiday Monday, **Jan. 20**. Therefore, all primary and specialty care services and pharmacies will be closed. The Emergency Center, inpatient services, as well as supportive supplementary services will remain open to provide inpatient, acute and emergency medical care.

### ♦ Health and Wellness

Fort Campbell AWC assists with you New Year's resolution. The Army Wellness Center features free health and wellness classes for service members, retirees, and family members, and Department of the Army civilians. For AWC assistance on your new year health and wellness goals, contact the center at **(270) 461-3451**.

### ♦ Tobacco Cessation

The Army Wellness Center, 5662 Screaming Eagle Blvd., offers "Ready to Quit" every Tuesday from noon to 1 p.m. For more information, call **(270) 956-0100**.

### ♦ Cervical Health Awareness Month

Nearly 13,000 women in the United States are diagnosed with cervical cancer each year, but the disease is virtually always preventable with vaccination and appropriate screening (Pap and HPV tests).

### ♦ National Blood Donor Month

American Red Cross celebrates and recognizes the lifesaving contribution of blood donors. On Fort Campbell, blood drives are scheduled routinely at the Main Exchange, Commissary and Blanchfield Army Community Hospital.

### ♦ MHS Nurse Advice Line Beneficiary Portal

The Nurse Advice Line provides health care support to TRICARE beneficiaries 24/7. Remember, if you have an emergency, call **911** or your local emergency service center. Visit the portal at <https://www.mhsnurseadvice.com/home>.

### ♦ How do I schedule/cancel appointments?

If you need to make or cancel an appointment at any of the Soldier or Patient-Centered Medical Homes, you may go online at [www.tricareonline.com](http://www.tricareonline.com) or you may call **(270) 798-4677 / (931) 431-4677** or if outside the calling area **1-866-524-4677**.



MWR (270) 798-7535

♦ Parent's Night Out 11 Jan '20 from 6:00-11:00PM  
**Today is Registration Deadline!**

♦ **FREE!** POLAR BEAR RUN & PLUNGE on Saturday, 11 Jan '20, 9:00AM Registration - Run begins @ 10AM 5K or 1 mile & plunge into Gardner Indoor Pool.



♦ New Year's Resolutions for **FITNESS?** We've got you covered!

### Group Fitness Classes January 2020

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
MORNING	8am Boxing 101 (KC) Sean 10am Aqua FIT Marta 10am "TRX" (Rig) Katie 1000am Cycle Sean	8am "Tabata" Kate 8am Boot Camp (KC) Sean 10am Power 60 Debbie 1000am Total Pump (KC) Sean	8am W.O.D. (Workout of the Day) (KC) Sean 10am Aqua FIT Marta 10am "TRX" (Rig) (KC) Katie 1000am Cycle Sean	8am "Tabata" Kate 8am Zumba® (KC) Celia 10am Power 60 Marta (No Class 2 Jan) 1000am Total Pump (KC) Sean	8am Boxing 101 (KC) Sean 10am Anything Goes Friday Marta (No Class 3 Jan) 10am "TRX" (Rig) Katie 1000am Cycle Sean
MID DAY	12pm Power Pump (KC) Sean			12pm Boot Camp (KC) Sean	12pm Power Pump (KC) Sean
EVENING	6pm Zumba® (KC) Celia	600pm Barre Emilia			400pm Zumba® (KC) Angie *No Classes* January 1, 17 & 20
Saturdays					
	8 "Day of Renewal" 800am-1100am Multiple Classes, Multiple Instructors! Come join us for a Saturday morning full of multiple mini fitness classes! This is a great FREE opportunity to meet our fantastic instructors and try out a variety of fitness classes offered by MWR.	11 800am Cycle Sean Fort Campbell Race Series 2020 Polar Bear Run and Plunge 10am 1 Mile Fun Run 1015am 5K	12 800am Boxing 101 (KC) Sean 10am Cycle Sean	25 800am Boxing 101 (KC) Sean 10am Cycle Sean	**Newly Added Classes**

• All classes and instructors subject to change without notice.  
• All classes are 60 minutes unless otherwise specified.  
• Admission to land classes will not be allowed 5 minutes after class has started.  
• There MUST be at least 3 participants in order for each class to be conducted.

Location  
Estee PPC  
Shaw PPC  
Gardner Indoor Pool  
\*KC\* Kids Allowed in Kids Corner

Individual Class at each facility \$3  
30 day unlimited pass \$30



For additional information, call (270) 798-4664 or visit [campbell.armymwr.com](http://campbell.armymwr.com)

♦ Book your Hail & Farewell @ MWR. We cater to your needs. Just call (270) 798-4610 x319.



# INFORMATION EXCHANGE

08 January 2020



## Observances

Dr. Martin Luther King, Jr., Observance  
African-American/Black History Month



Next Info Exchange  
05 February 2020  
Cole Park Commons

## Events On Fort Campbell

(270) 798-9710

10 JAN: 0900-1200 - American Red Cross Volunteer Orientation  
17 JAN: DONSA  
20 JAN: Dr. Martin Luther King Jr. Day  
02 FEB: Super Bowl LIV Party @ Warrior Zone (age 18+ only)  
14 FEB: DONSA  
17 FEB: President's Day  
29 FEB: Leap Day

**DHR (270) 798-2687**

### ♦ Fort Campbell Career Center

**"ONE STOP"** Consolidation of all spouse employment services.

- ♦ Career Skills Program
- ♦ Employment Readiness
- ♦ USO Pathfinders
- ♦ Campbell Strong Workforce Partnership (CSWP)
- ♦ Soldier For Life (SFL) / Transition Assistance Program (TAP)

Call: (270) 412-1720 for additional information.

### EMPOWERING WOMEN CAREER SUMMIT!

**19 Feb '20 9AM to 4PM** Valor Hall Conference & Event Center

For ticket info go to: <https://www.eventbrite.com/e/empowering-women-career-summit-tickets-86386838359>

### ♦ Army Continuing Education System (ACES)

Providing Access to Educational Opportunities.

- ♦ 4 DoD approved on-post Colleges & Universities
- ♦ Learning Resource Center
- ♦ National Testing Center (CLEP/DSST)
- ♦ GED Preparation & English as a second language classes

Call (931) 542-5040 for additional family resources.

### ♦ Army Substance Abuse Program (ASAP)

Prevention & Readiness.

- ♦ Offering Drug Testing & Deterrence for Active Duty Military & DoD Civilians in designated testing positions
- ♦ Prevention Education & Suicide Awareness Courses
- ♦ Employee Assistance Program (EAP) offers Teambuilding & Prevention Education & Referrals

For EAP assistance contact: (270) 412-0079

## Fort Campbell Commissary

(270) 640-4008

- ♦ The Scholarships for Military Children Program for the 2020 - 2021 school year is underway. **Deadline is 24 Feb '20.**

For scholarship year 2020-21, Fisher House Foundation will award **500 scholarship grants of \$2,000 each**. The application, including essay questions, is available for download from the Scholarships for Military Children website.

- ♦ For more information on the newly expanded commissary privileges and access to service-connected disabled veterans, go to [www.militaryonesource.mil/expanding-access](http://www.militaryonesource.mil/expanding-access) or contact Veteran's Affairs (VA) @ (877) 222-VETS

- ♦ The MyCommissary Online Portal is your gateway to extra savings! Create your account to access all of the site features and awards.

## Installation Volunteer of the Year

### 21 April 2020 1800-2000 @ Cole Park Commons

- ♦ 5 Categories. All nominees must be registered in VMIS, have a completed DD Form 2793 & have volunteered in the Fort Campbell Community during 2019.

- ♦ **03 Jan '20 Nomination packets were sent out—due in NLT 02 March.** One Volunteer of the Year nomination per Battalion & Agency.

For additional information contact Gari Wild @ (270) 956-2934.

## Garrison Chaplain's Office

(270) 412-5794

### ♦ Celebrate Recovery!

A Faith Based Addiction Recovery Program based on the 12-Step Model. Every Thursday beginning **16 January @ 1800 Memorial Chapel**. POC CH (LTC) Ramsey (270) 412-9972 paul.d.ramsey.mil@mail.mil—or—Bradford Smith @ bradford.smith3@hotmail.com

### ♦ REBOOT Recovery:

**Begins 16 January 1800 @ Liberty Chapel.** Meal & Childcare available. This 12-week, faith-based combat trauma recovery program helps the Soldier/Veteran in physical, mental & social well-being. This course relies on Christian Principles to address whole-person wellness for those affected by combat trauma.

POC CH (LTC) Ramsey @ (270) 412-9972 or Bryan Flanery @ (574) 386-1022 / bryan@rebootrecovery.com.

## Montgomery County Government

(931) 648-8482

- ♦ General vs. the Mayor Annual Broomball Game.

**15 Jan '20 @ 6PM** Downtown Commons Outdoor Ice Rink  
215 Legion Street.

### ♦ Mayors Power Breakfast

**14 Jan '20 @ 7:30AM** Wilma Rudolph Event Center.  
RSVP to Jennifer Lawson @ (931) 245-4342 or @ jennifer@clarksville.tn.us. COST: \$35.00 (member rate) \$40.00 (non-members)

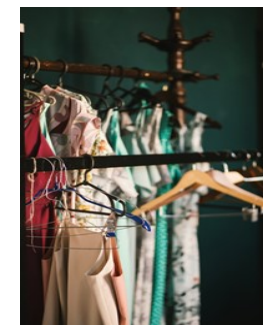
### ♦ Formal Commission Meeting

**13 Jan '20 @ 6PM** Montgomery County Historic Courthouse, 1 Millennium Plaza.

## Armed Services YMCA (270) 798-7422

### BY APPOINTMENT ONLY

Dress Boutique  
3068 Reed Avenue  
Fort Campbell, KY 42223  
**(270) 798-7422**



## Fort Campbell Spouses Club

Hollywood Glamour

- ♦ **15 January 2020 from 10:30AM-1:00PM**
- ♦ Joe Swing Event Center, Fort Campbell, KY
- ♦ Charity: Fort Campbell Chaplain's Food Pantry  
Donation Item: Nonperishable food items

The Fort Campbell Spouses Club goes to Hollywood! This month's luncheon theme is Hollywood Glamour. Come walk the red carpet in your glitziest Hollywood dress. It is your time to shine, Hollywood Style! RSVP @ <http://fortcampbellspouseclub.org>



Fort Campbell, Kentucky