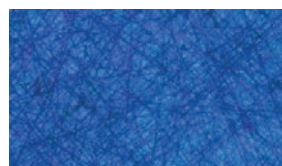
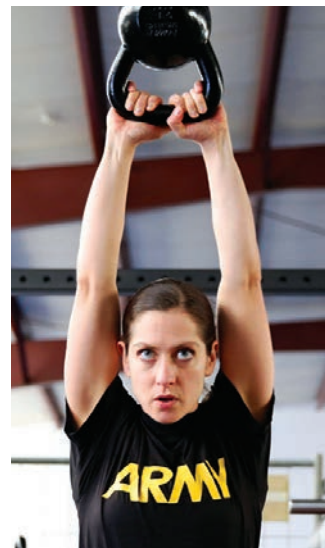




INSTALLATION MANAGEMENT COMMAND G9, Family & MWR Programs



Family & MWR

Keeping the Force Fit, Resilient and Ready

**Think Family & MWR programs
are just nice-to-have?**

Think again.

Fit Soldiers perform better on the battlefield. Soldiers who take the time to relax stay resilient under pressure. When Families are fine at home, Soldiers can concentrate on mission.

Family & MWR programs address the needs of today's warfighter. The outcomes – well-adjusted, fit and resilient Soldiers and Families – aren't interesting side benefits; they're fundamental to the Army mission.

Here's how Family & MWR supports Readiness...

Family & MWR programs are not simply nice-to-have — they're an Army Readiness Enabler

Family well-being impacts Army outcomes like individual and unit readiness, morale and retention. It's intuitive – but validated by plenty of research.

The experiences Army kids have growing up has a strategic impact on tomorrow's force. Their experience matters, since 79% of Soldiers come from Army Families themselves.

Family & MWR offers opportunities that are affordable, convenient and geared specifically to Soldiers and their Families. Whether they're looking for education, child care or an adventure, they count on us for something great – that doesn't require jumping through hoops or breaking the bank.

Family & MWR reinvests all profits. Every dollar made goes back into programs and services that improve Soldier and Family readiness and well-being

We keep Soldiers on the job and in the fight — by helping keep them and their Families stable and healthy.



strengthen your mind, body & soul

Healthy Soldiers are deployable Soldiers – and they achieve the mission in garrison, in the field and on deployment. Studies show that recreation helps reduce depression, relieve stress, improve self-esteem and foster personal growth. Our programs keep Soldiers healthy – and ready for the Army mission.

Physical fitness facilities with premium cardio and strength equipment, personal trainers, fitness classes and more

Aquatic facilities for developing life skills, fitness, unit training and fun

Events to promote health and fitness – from local 5k or Spartan races to health fairs

Intramural sports that foster teamwork and unit cohesion

World Class Athlete Program and All-Army Sports Program that showcase elite athletes



unplug, log off & get outside

Taking a break from the motorpool or office combats Soldier fatigue and improves resilience

That's why we have plenty of ways to get outdoors, enjoy nature and improve fitness in new ways.

Opportunities for climbing, mountain biking, horseback riding, boating, hunting, fishing, skiing, snowboarding, hiking and more

Training and licensing for activities as varied as SCUBA, horseback riding and bike repair

A one-stop-shop with affordable rental outdoor equipment of all kinds

Locations for outdoor activities like boating, hunting and fishing, archery, golf and many more

Warrior Adventure Quest (WAQ) combines high-adventure activities with leader-led after-action debriefs to help Soldiers move on after deployment

entrust your child's care to us

Well over half of all Soldiers are concerned about their Families. ***Soldiers who worry about their kids can't concentrate on the mission, so keeping Families stable directly impacts readiness.***

Family & MWR gives Army parents peace of mind – and enriches the lives of Army kids.

High-quality, safe care for children six weeks through sixth grade in our Child Development Centers and School-Age Programs

Exciting developmental activities, from sports to middle school and teen programs

Help for Families to navigate educational challenges caused by deployments and PCS moves

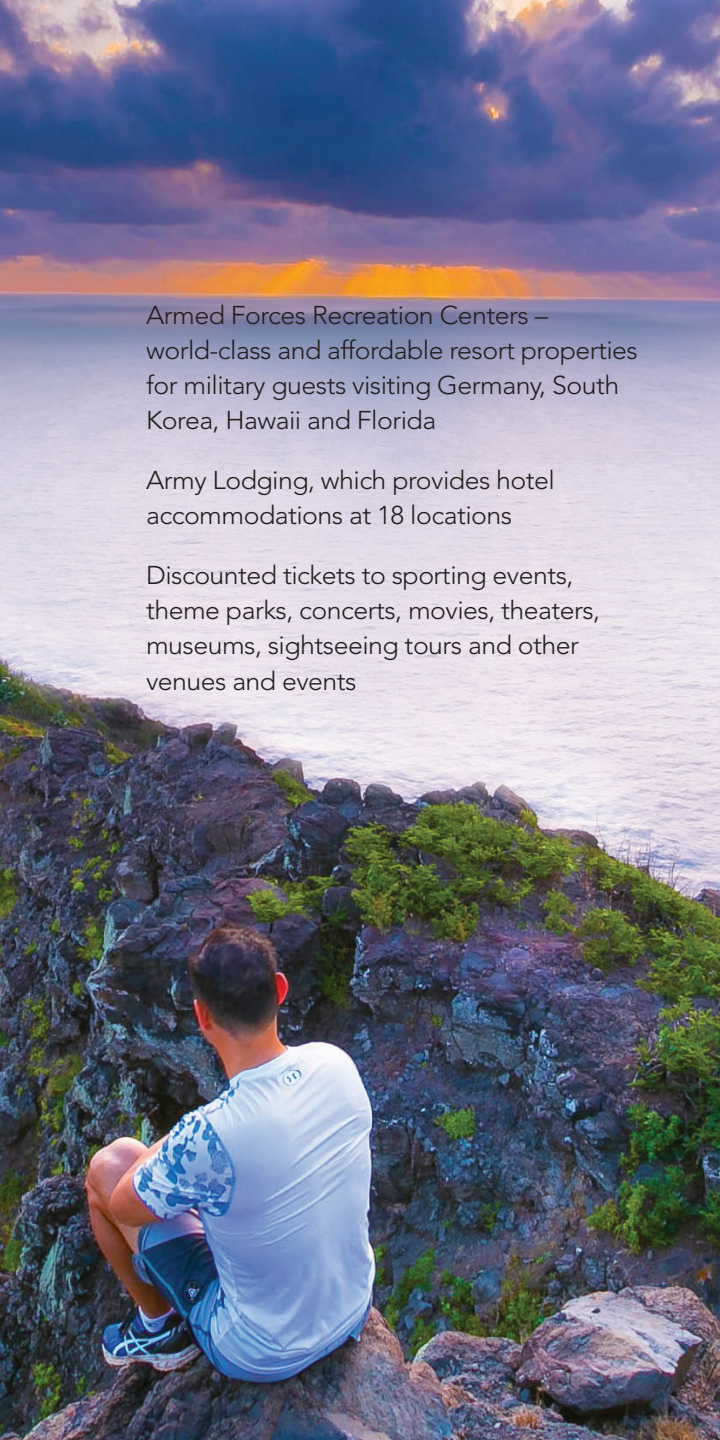
Assistance for parents with unique requirements, whether that's care for special needs Family members or mission-related needs for off-hours or weekend care



discover the world

We all just need to get away sometimes. The chance to leave home and experience something new ***brings Soldiers back to work refreshed, recharged and ready for action.***





Armed Forces Recreation Centers – world-class and affordable resort properties for military guests visiting Germany, South Korea, Hawaii and Florida

Army Lodging, which provides hotel accommodations at 18 locations

Discounted tickets to sporting events, theme parks, concerts, movies, theaters, museums, sightseeing tours and other venues and events



develop **life skills**

The best leaders and workers aren't one-dimensional – they're curious, and cultivate multiple interests. The most cutting-edge companies in the world recognize this and actively encourage their employees to take time off to explore activities not directly related to their jobs. Family & MWR helps Soldiers do the same – and provides alternative activities to reduce negative behaviors.

Auto crafts facilities, with lifts, tools and instruction for POV maintenance and repair

Arts and crafts programs, which offer instruction and materials for woodworking, painting, framing, stained glass and more

Libraries with robust online resources, hard copy books and periodicals as well as STEM educational opportunities

Better Opportunities for Single Soldiers (BOSS) allows Soldiers to address quality of life issues, participate in community service and plan their recreation and leisure activities

recharge

All work and no play? It's not just a recipe for a dull life - it also causes Soldiers to perform worse in the office, on the range and in combat.

With a chance to relax, Soldiers return to work 100% ready to focus on the mission.

Bowling Centers and Golf Courses that may include a pro shop and snack bar

Food, beverage and entertainment facilities ranging from conference centers, clubs and snack bars to cafés, name-brand casual dining and post restaurants

Adventure courses and activities for units or groups



manage challenges of Army life

We keep Soldiers in the game by helping Army Families overcome stresses of military life.

Education and assistance for employment and financial readiness

Programs to address difficulties and stress from deployments, PCS moves and other events specific to military Families

Opportunities for volunteer and engage with the community in healthy ways

Family Advocacy programs and services to help Families with positive relationships, stress management, parenting skills and other issues





Installation Management Command

Family & MWR Programs

2455 Reynolds Road, Building 2266

JBSA Sam Houston, TX 78234

For more information visit:

www.armymwr.com