



# The Mind and Body Detox: Mindfulness and Body Image Edition

Join Brittany (Behavioral Health Consultant) and Heather (Dietician) on this 4 week journey to begin learning how to be kind to yourself in a body-obsessed world. We will learn mindfulness techniques, behavioral modifications, activity needs, and nutritional guidance throughout this series beginning on September 3, 2025. Classes will be held in The Burrow every Wednesday from 10-11:30 a.m. through September 24, 2025.



RSVP by August 29, 2025

Heather Hough

256-955-8888 Extension 1294





# Managing Diabetes Class

## Empower Yourself with Knowledge and Support



### Location:

The Fox Den



### Time:

10-11:30a.m.



### Fall 2025

### Class Dates:

September 2

October 14

November 4

December 2

This free monthly class is designed for individuals living with diabetes—newly diagnosed or experienced—or those supporting a loved one with diabetes. Join us to gain tools, share experiences, and take charge of your health.

### What You'll Gain:

- Education
- Helpful Tips
- Self-Management Strategies
- Peer-to-Peer Support

### RSVP:

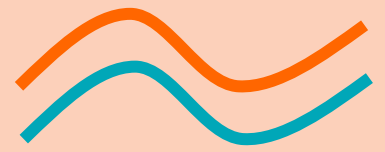
Heather Hough

256-955-8888

EXT: 1294



# THE MIND AND BODY DETOX



## PERI –/ MENOPAUSE EDITION

A 6- WEEK EMPOWERMENT SERIES FOR WOMEN

Wednesdays, October 1—November 12

10:30—11:30 AM (no meeting Oct. 8)

The Burrow, Fox Army Health Center

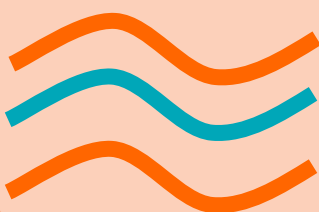
LIMITED TO 10 PARTICIPANTS



**Join Dietician, Heather Hough, and  
IBHC Social Worker Brittany Huey**

- ♦ Real talk about physical and emotional changes
- ♦ Insight rooted in the Army Performance Triad: Sleep, Activity & Nutrition
- ♦ Guided movement portions each week
- ♦ Tools to help you be kind to yourself and thrive during this life transition

**Let's detox the myths, embrace change, and build  
lifelong wellness!**



**To register, call the Dietician's office:  
256-955-8888 extension 1294**

**Register by September 29, 2025**

