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[Anger & Stress Management](#) : Understand the dynamics between stress and anger and learn techniques to manage both. One hour class held monthly. Call Family Advocacy at 753-6252 for schedule. Open Mon-Fri from 0800-1700. Army Community Services Bldg. (ACS) 311.

[A to Z Self-Help Support Group \(ACS Exceptional Family Member Program\)](#): For anyone looking for a place to share experiences, knowledge, and network with other community members. Target audience: Family members with special needs. Program Length: 60 min; Every 2nd Tuesday 1200-1300. Call ACS Exceptional Family Member Program at 753-6277. Open Mon-Fri from 0800-1700. Army Community Service (ACS), Bldg. 311.

[Audiology Clinic:](#) Evaluation of hearing sensitivity and detection of hearing loss at various frequencies of sound. Active duty Soldier Walk in Services: Mon, Tues, Wed 0800-1200, Thurs 1300-1600. Call 753-5056. Located in the Army Health Clinic, Bldg 555.

[Augusta West Miniature Golf Course:](#) Miniature Golf Range: M-Th 1200-2000; F-Sun 1100-2000; May-Labor Day 754-6412; Building S-1484; Next to Splish & Splash Water Park.

Auto Skills Center: Self-help auto repair, safety inspections, routine car maintenance and repair classes. Tues-Sat 0900-1800 Closed 1300-1400, Sun, Mon, & Holidays; 753-8548; Bldg. S-2080.

Babysitting: Find a reliable, qualified teen baby sitter in the community. Call Parent Central at 753-3413. Open Mon-Fri 0900-1800. Located in Bldg. S-570. On Facebook: <https://www.facebook.com/groups/293387083147/doc/10150193363488148/>.

Babysitter Training: Familiarize teens age 13-18 years with babysitting responsibilities including Safety, Child Development, Nutrition, Entertaining Children, First Aid and CPR training. Two day course. Must enroll in advance at Parent Central Services located in Bldg. S-570. Open Mon-Fri 0900-1800. Call 753-3413/5973 for schedule.

Behavior Health Clinic: Behavioral Health provides confidential counseling and mental health services by qualified and licensed professionals. Post traumatic stress disorder (PTSD), anger control, stress management, depression, adolescent issues, relationship issues, suicide ideation, and more. Walk-in or schedule an appointment 753-7657. Open Mon-Wed, and Fri 0800-1130; 1300-1630: Thurs 1300-1600. Located in the Army Health Clinic, Bldg. 555.

Birth Control Options: Several birth control options are available. Schedule an appointment with your health care provider to discuss the best one for you. Call the Medical Appointment Line at 737- CARE (2273).

Blood Pressure Checks- 5 Day: Walk in blood pressure checks. Five- day check recommended. Mon-Wed, Thurs, Fri 0800-1700; Th 1300-1700; Walk-in only. Army Health Clinic Bldg 555. .

Blood Pressure Screening: Community health screening to include assessment of blood pressure, prevention education, and referral. Call for appointment or schedule. 753-3253: Health Promotion Army Health Clinic, Bldg 555. .

Body Composition Assessment (Unofficial): Analysis of body composition using bioelectrical impedance or skin fold caliper. Determine your body fat % and projected ideal weight. Call for appointment. 753-3253. Health Promotion Army Health Clinic, Bldg 555. .

Bowling Center (Strike Zone): Open bowling, leagues, tournaments, pro shop. \$2.50 per game with numerous weekly promotional discounts. Open Mon-Thurs 1600-2200; F-S 0930-2400; S 1100-2200. Call 754-5722; Bldg S-1432.

Boy Scouts: Provides boys the opportunity to build character, responsibility, and lifelong values. Boys age 11-17 years old. Annual fee: Adult: \$28; Youth: \$28 plus \$2.00 weekly . Meets on Tuesdays at 1600-1700 in Bldg S-1130. Contact BSTroop203@gmail.com or [USAG Humphreys Troop 203 on Facebook](#).

Breastfeeding Basics & Support: Learn why you should breastfeed, how to begin, overcoming challenges, and much more. One hour class held monthly. Call ACS New Parent Support at 753-6287 for schedule. Army Community Service Building (ACS) Bldg. 311.

Breast Pump Loan Program: Breast pumps are available for check-out by post partum WIC eligible mothers who are breast feeding. Call 753-6909/6106 for appointment. Open Mon-Fri from 0800-1700. Women, Infants, & Children (WIC) Family Readiness Center (FRC) Bldg. 1127.

Breast Pump Loan Program: Breast pumps are available for check-out from ACS New Parent Support. Call 753-6287 for appointment. Open Mon-Fri from 0800-1700 Army Community Service Building (ACS) Bldg. 311.

Bus Transportation (Inter-post): New Kyongdong bus service to Osan and Youngsan. Call 753-7354.

Career Counseling & Coaching: Develop & implement career goals by identifying job strengths & weaknesses, career /educational goals; available opportunities. Call Employment Readiness at 753-8321 for class schedule or for individual appointment. Open Mon-Fri from 0800-1700. ACS Family Readiness Center, Bldg. 1127.

Catering: Special event food preparation and delivery by FMWR. Units, groups, private organizations, or other approved requests. Call 753-8189 to schedule.

Chapel (Freedom): Open Mon-Fri from 0800-1700. Call 753-3086. For a list of scheduled services, go to [Freedom Chapel Downloads](#).

Chaplains: Each Battalion, Brigade, and Garrison has a Chaplain and Chaplain Assistant to promote spiritual, relational, and moral well-being. Bldg. S-1223.

Garrison Command Chaplain.....754-7275
Deputy Garrison Chaplain.....754-7042
2CAB Chaplain.....753-6026
3-2 GSAB Chaplain.....753-3648
4-2 ATAK AVN BN Chaplain.....753-7523
602 ASB Chaplain.....753-7881
3 MI Chaplain.....753-6015
532 MI BN Chaplain.....753-8563
194 CSSB BN Chaplain.....753-6862

Chaplain- On Call Duty: For after-hour and weekend emergency spiritual guidance or counseling. Call 010-9496-7445.

Checkbook & Debit Card Management: Financial Readiness Program. Learn how to manage your debit card and checkbook transactions. Call Financial Readiness at 753-8403 for class schedule. Open Mon-Fri 0800-1700. Family Readiness Center (FRC) Building 127.

Childbirth Class: Find out what to expect when delivering a baby in Korea. Signs of labor, false labor, pre-term labor, inducing labor, stages of labor, cesareans, complications, pain management options. Three hour class. Call ACS New Parent Support at 753-6287 for schedule. Open Mon-Fri from 0800-1700. Army Community Service Building (ACS) Bldg. 311.

Child & Spouse Abuse Prevention Community Education: Inform the military community of the nature of spouse & child abuse; enhance awareness of family violence, how to report and services available. Call Family Advocacy at 743-6252 for class schedule or appointment. Open Mon-Fri from 0800-1700. Army Community Service Building (ACS) 311;

Children and Youth Behavioral Counseling: Non-medical, confidential short-term situational counseling provided by Military & Family Life Consultants (MFLC). Topics include anger management, relationships, parenting, stress, separation, and more. Call Child & Youth MFLC at 010-2891-9281 for appointment.

Child and Youth Behavioral Counseling: Call the Behavioral Health Clinic at 737-0508 to schedule an appointment.

Citizen Immigration Services Liaison: Classes and information offering guidance on citizenship and residency application processes. Call 753-8804 for class schedule & to make individual appointments. Open Mon-Fri from 0800-1700. Army Community Service Building (ACS) 311.

Civilian Fitness Program: Entitles qualified personnel time for exercise 3 hours per week during normal work time for 6 months. Full-time DoD employees who meet qualification requirements and have supervisor approval. Call Health Promotion at 753-3253. Army Health Clinic Bldg 555.

Coffee Social (ACS Exceptional Family Member Program): 3rd Wed of the month, 1000-1100 at Starbucks.

Commander Education Program: Ensures that Commanders are aware of spouse & child abuse, responsibilities, reporting, prevention. Call ACS Family Advocacy at 753-6252 for class schedule or individual appointment. Open Mon-Fri from 0800-1700. Army Community Service Building (ACS) 311.

Communication Skills Class: Healthy communication with your significant other. One hour class. Call 753-6252 for class schedule. Open Mon-Fri from 0800-1700. ACS Family Advocacy Program, Army Community Services Bldg 311 (ACS).

Community Activity Center: The Community Activity Center houses a large multi-purpose room, large screen TV and lounge, LeCac Café, Fun Zone (pool tables, ping pong, foosball, darts), Music Rooms, Video Game rooms, Arts & Crafts Shop, indoor swimming pool. Mon-Sun 1000-2200 753-8825; Community Activity Center Bldg S-110.

Community Bank: Services including loans, checking & savings accounts, currency exchange, ATM banking. Open Tues-Fri 0930-1300; Sat 0930-1530; closed Mon. Call 753-6205/6206 Bldg. 118:

Community Health Promotion Council: Supports overall unit readiness and organizational performance of installation personnel at tactical, operational, and strategic levels. Call Health Promotion at 753-3253 for meeting times and dates.

Consumer Advocacy: Provides counseling on issues relating to consumer complaints, consumer rights & protection. Call ACS Financial Readiness at 753-8403/6522 for appointment. Open Mon-Fri from 0800-1700. Army Community Service (ACS) Bldg. 311.

Counseling: Behavioral Health Clinic: Confidential advice for any number of problems or pressures you may be troubled with such as depression, anger. Open Mon-Fri from 0800-1700; walk-ins or appointments by calling 753-7567. Located in the Army Medical Clinic, Bldg. 555.

Counseling: Chaplain: Visitation, Confidential Counseling, Care to casualties and Caregivers, Religious Support to Survivors, Critical Events Debriefings. Garrison Chaplain Office open Mon-Fri 0800-1700; Call your unit Chaplain or the Garrison Chaplain at 754-7275 for appointment or the **On Duty Chaplain** available 24 hours at 010-9496-7445. Bldg. S-1223.

Counseling: Military & Family Life Consultants (MFLC): Non-medical, confidential short-term situational counseling. Topics include anger management, relationships, parenting, stress, separation, and more. Call 010-8693-9926 (non 2CAB Soldiers and Family members) for appointment or 010-8690-4138 for 2 CAB Soldiers and Family members. Army Community Service (ACS) Building 311.

Cross fit: Popular high intensity total body workout designed to enhance "functional" fitness. One hour class. Call MP Hill Gym at 753-5971 or Fitness Office: 753-8286. crossfit.com

Cub Scouts: Boys in 1st -5th grade are provided the opportunity to "learn by doing" by participating in various activities. Annual fee: Adult: \$65; Youth: \$15. Weekly meetings. For information contact: humphreyscubscouts@gmail.com or Humphreys Cub Scout Pack 203 on Facebook. <http://www.scouting.org/>.

Debt Liquidation Assistance: Provide counseling issues relating to debt liquidation, financial crisis, referrals for resources. Call ACS Financial Readiness at 753-8403 for individual appointment. ACS Family Readiness Center (FRC) Building 1127.

Dental Clinic: Routine dental exams, cleanings, and other related services. Active Duty Soldiers, Pediatric Family members; Other ID card holders Emergency care only. Non Tricare will be billed. Open Mon-Fri 0730-1630. Call 753-6559 for appointments: Army Health Clinic Bldg 555, 2F.

Digital Photography Class: Call the Community Activity Center (CAC) for schedule information at 753-8825. Offered the 2nd Sat of the month 1000-1530. 30 seat limit.

Digital Training Facility: Computer based Individual or group training, job or skill development. Open Mon-Fri 0800-1700, 8th Army G3-TSAK DTF Operations 753-7536; Facility Manager 753-7558. Army Distributed Learning System, Bldg 302;

Distance Running/Racing: Information about training, from 2 miles to the marathon, entering Korean distance races. Call Health Promotion 753-3253; Army Health Clinic Bldg. 555.

[Humphreys Runners;](#) [Seoul Flyers Running Club.](#)

Drinking Water Management: If your tap water is suspected to be contaminated or you have any other water quality concerns contact the USAH Humphreys Water Lab 753-6186.

Driver Improvement Training- Remedial: This 8 hour training course is required for military or civilian personnel who operating a Government Motor Vehicle and (GOV) have been convicted of traffic violation or determined to have been at fault in a traffic accident. Active duty Soldiers with approval from chain of command and civilians. The Safety Office is open Mon-Fri 0800-1700. Call 753-5582 or check website for schedule. Located in the Safety Bldg. S-484.

Driver Training – Intermediate: This course offers proven techniques to reduce the risk of being injured in a serious auto accident. Active duty soldiers with approval from chain of command and civilians. 2.5 hours. The Safety Office is open Mon-Fri from 0800-1700. Call 753-5582 or check website for schedule. Safety Bldg S-484

Driver Training, Testing and Licensing Program: Fulfill the requirements for driving government or privately owned vehicles on post and in Korea. Bus driver training and Learner's permit also available. Visit website for details or call 753-6644/6645 Mon-Fri 0830-1630. Bldg S-712

Drug Testing: Drug testing preserves the health of Soldiers by identifying alcohol and drug abusers in order to provide appropriate counseling, rehabilitation, or other medical treatment. Open Mon-Fri 0800-1700. Call 753- 7363. ASAP Bldg. S-742.

Educational and Developmental Intervention Services (EDIS): Provides services to support families of children developmental delays, disabilities, or special learning needs. Families may be eligible for early intervention services if they have a child age birth to three years with a documented developmental delay or who has a diagnosed physical or mental condition which has a high probability of resulting in a developmental delay. Call 753-6396 for EDIS on Camp Humphreys.

Education for Professionals: Education for personnel who work with children. Child abuse identification, reporting. Call for ACS Family Advocacy at 753-6252 for class schedule or individual training time. Army Community Service (ACS), Bldg. 311.

Emergency Contact Phone Number- ON POST: Call 911 (DSN only) in case of any situation judged to be life-threatening including but not limited to fire, accident, cardiac or respiratory distress, sudden illness, unconsciousness, or drowning. You or someone else is in danger.

911 is available 24 hours daily from DSN or 0505-753-7911 from a commercial line or cell. Be sure you can identify your building number.

Emergency Contact Phone Number-OFF POST: Call 0505-753-7911 from a cell phone for emergency assistance off post. Be sure to identify your address and building number.

Emergency Assistance (Financial): Consideration of Army Emergency Relief (AER) loans & grants per AR 930-4; referrals for food voucher assistance in coordination with the Chapel Program. AER grants do not require repayment; AER loans are zero interest loans & require repayment. Call ACS Financial Readiness at 753-8403 for individual appointment. ACS Family Readiness Center (FRC) Building 127.

Emergency Placement Care Program: Training for Volunteer Emergency Placement Care (EPC) Families and Crisis Emergency Placement Coordination. Volunteers provide short term care in EPC family homes to children in imminent danger/risk. Call ACS Family Advocacy for appointment at 753-3742. Army Community Service Building (ACS) Bldg. 311.

Employee Assistance Program: Services are available for employees who have substance abuse problems and are seeking help or have tested positive for illicit drug use. Call 753-7567 for appointment. Open Mon-Fri 0800-1700. ASAP Bldg 742.

Employment Opportunity Development: Development partnerships with local employers to increase job opportunities for military spouses. Coordinated effort between the Employment

Readiness (ERP) Program Manager & local employers. Call ACS Employment Readiness at 753-8321. Open Mon-Fri from 0800-1700. ACS Family Readiness Center, Bldg. 1127.

Engraving and Printing: Key copy, ID-tag, plate and plaque engraving, trophies, frames, battalion coins and emblems, rubber stamps, business cards, invitations, and more. Mon-Sun 1000-1900: Call or email 031-653-7783; yiengraving2002@yahoo.co.kr. Sorak Mall Bldg S-575 2F.

Equal Employment Opportunity (EEO): Educates, evaluates, and advises customers in order to ensure fair and equitable treatment and prevent unlawful employment practices. Civilian employees. Call 753-6482; 010-4163-6499. Open Mon-Fri 0900-1700. Bldg 756.

Exceptional Family Member Program: Comprehensive and coordinated community support to family members with special needs. Call 753-6277 for appointment. Open Mon-Fri from 0800-1700. Army Community Service Building (ACS) 311.

Exchange (formerly AAFES): Main Exchange and Concession Mall, Food Court, movie theater, military car sales, optical shop, bicycle shop, trophy and engraving, tailor shop, computer repair, and much more. Main Exchange open Mon-Sun 0900-2000 All Exchange services can be found at: <http://www.shopmyexchange.com/ExchangeLocations/USAGHumphreysStore.htm>

Experienced Riders Course: Refresher for experienced motorcycle/scooter riders. Six hour course. Call 753-5582 or check website for schedule. Open Mon-Fri 0800-1700. Safety Bldg S-484.

Eye Care: Vision testing, treatment of eye conditions, corrective eyewear. Call 753-8124. Open Mon- Wed & Fri 0800-1630 closed 1130-1300, Thurs 1300-1600. Optometry Clinic located in the Army Health Clinic, Bldg. 555, 2F.

Facebook (Camp Humphreys): Social networking for the Camp Humphreys Community. Call the Public Affairs Office at 754-8020. Open 0800-1700. Bldg S-1123.

Family Advocacy: Resources to Support Soldier & Family Well-Being & Prevent Spouse & Child Abuse & Neglect, Victim Advocacy, Healthy Life Skills, Communication, Relationship & Parenting Skills, Programs and Services, Sexual Assault Prevention & Response Program. Army Community Services. Call 753-3742. Open Mon-Fri from 0800-1700. Located in Army Community Services (ACS), Bldg. 311.

Family Assistance Center (FAC): Coordinates FAC services (emergency financial assistance, legal, crisis intervention, info & referral, DEERS, TRICARE). Under emergency circumstances directed by the Garrison Commander. Call ACS Army Family Team Building at 753-7439. Open Mon-Fri from 0800-1700. Located in the Army Community Service Building (ACS) 311.

Family Life Education: Enrichment programs for family life cycle to improve family coping skills, improve communication & marital relationships. Call ACS Family Advocacy at 753-6252 for schedule. Open Mon-Fri from 0800-1700. Located in the Army Community Service Building (ACS) 311

Family Members with Special Needs: Comprehensive and coordinated community support to family members with special needs. Call the Exceptional Family Member Program at 753-6277 for appointment. Open Mon-Fri from 0800-1700. Located in the Army Community Service Building (ACS) 311.

Family Subsistence Supplemental Assistance Program (FSSA): Prescreening to determine FSSA eligibility; counseling provided on entitlements and re-certification. Call ACS Financial Readiness at 753-8403 for appointment. Open Mon-Fri from 0800-1700. ACS Family Readiness Center (FRC) Building 127.

Family Readiness & Resiliency Training: Provides standardized training on Army Family Team Building (AFTB) Levels I, II, & III designed to promote and enhance individual readiness and optimize individual resiliency. Call ACS Army Family Team Building at 753-7439 for training schedule. Open Mon-Fri from 0800-1700. Army Community Service Building (ACS) 311.

Family Readiness Center: Army Community Resources (ACS) Financial Readiness Program, Employment Readiness, WIC Overseas. Open Mon-Fri 0800-1700. Call 753-6522/8321. Located in Bldg. 1127.

Federal Resume Preparation (ACS Employment Readiness Program): Receive hands on training about the federal online application system and how to job search for federal employment. Call ACS Employment Readiness at 753-8321 for training schedule. Open Mon-Fri from 0800-1700. ACS Family Readiness Center (FRC) Building 127.

FedEx: Shipping and mailing. Open Mon-Fri from 0900-1800; Sat-0900-1700; Sun-0900-1600. Call 658-4531. Located in Bldg S-118.

Financial Counseling: Individual counseling provided for Soldiers and Family members in areas such as budget development, financial planning, spending plans, personal financial management, assets & liabilities. Call ACS Financial Readiness at 753-8403 for individual appointment. Open Mon-Fri from 0800-1700. ACS Family Readiness Center (FRC) Building 127.

Financial Management Classes for Youth & Teens: Provision of age-appropriate financial classes for seminars for youth & teens. Coordinated between CYSS & ACS. Call ACS Financial Readiness at 753-8403 for schedule information. Open Mon-Fri from 0800-1700. ACS Family Readiness Center (FRC) Building 127.

Financial Training (Mandatory): Mandatory personal financial management training for E-4 & below scheduled for initial PCS move and 1st term/initial term Soldiers. Call ACS Financial Readiness at 753-8403 for class schedule & to make individual appointments. Open Mon-Fri from 0800-1700. ACS Family Readiness Center (FRC) Building 127.

Fitness and Aerobics Classes: Cross Fit, Step & Sculpt, Spin, Spin & Tone, Yoga, Zumba, Women's Self-Defense, Mommy & Baby Stroller. All classes are subject to changes and cancellations. Current fitness schedules can be found at all fitness facilities and under [Photos on the USAG Humphreys Facebook page](#). Stay current at [USAG Humphreys Fitness](#). Three locations: Super Gym (753-8302), Zoekler Fitness Center (754-8083) or MP Hill Fitness Center (753-5971).

Flightline Bar and Grill: Located at the old Tommy D's location (Bldg 501). 753-8191

Food Handlers Certification Course: Food Handlers training is required before fund-raising and other activities/events that serve food. Call the 154th Medical Detachment at 764-4618/4459 to schedule.

Gas Station (Exchange): Gas, diesel, limited auto supplies. Open 0900-1900. Call 753-3065, Bldg S-205

Girl Scouts Overseas: USA Girl Scouts Overseas serves thousands of girls who want to enjoy the same excitement, fun, and adventures as their stateside Girl Scout sisters. For girls 1st grade-12th. Call 010-8694-4166. Email: humphreysgirlscouts@yahoo.com or go to [Camp Humphreys Girl Scouts on Facebook](#).

Home Based Enterprise Class: Learn important do's and don'ts, Army regulatory guidance, USAG Policy Letter # 78, approval process, and more. Contact ACS for class schedule at 7533266/8401 or stop in Bldg. 311.

Home School Support: Weekly classes & monthly support meetings to help home schooling families find support and assistance from the community. School Liaison Officer, 753-8601 or e-mail humphreyscleos@cysskorea.com. School Support Services, located in the Child Development Center. Open Mon-Fri 0900-1800. E-mail HumphreysHomeschoolGroup@yahoo.com. You can also visit a support site on [Facebook](#).

Housing Division: Point of contact for all housing related issues/concerns. Call 753-7358. Located in Bldg. T-307 near the Education Center.

Immunization Clinic: Vaccinations against various diseases and illnesses for eligible patients. Walk-in Mon-Fri 0800-1645. Call 753-7658; Army Medical Clinic Bldg 555.

Industrial Hygiene: Analyze, identify, and measure workplace hazards or stressors that can cause sickness, impaired health, or significant discomfort in workers through chemical, physical, ergonomic, or biological exposures. Indoor air quality assessment. Call Industrial Hygiene at 753-8113/3822 for appointment. Open Mon-Fri from 0730-1630. Bldg S-712.

Institutional Ministry: Preserving Soldiers' fighting strength by maintaining their health and supporting family members. Institutional ministry occurs in hospital and confinement or correctional facilities. Contact your [Unit Ministry Team](#) or 754-7270 Mon-Fri 0800-1700. Religious Support Office is located in Bldg 1223, 2F.

Interactive Customer Evaluation (ICE): The Interactive Customer Evaluation (ICE) system is a web-based tool that collects feedback on services provided by various organizations throughout the Department of Defense (DoD). The ICE system allows customers to submit online comment cards to rate the service providers they have encountered at military installations and related facilities around the world. It is designed to improve customer service by allowing managers to monitor the satisfaction levels of services provided through reports and customer comments.

Java Buzz Donut Drop: Monthly drawing at the USO for free coffee, tea, hot cocoa, and donuts delivered to your work area. Open Mon-Sun 0900-1800. Call 753-6281 Bldg. T-375. [Camp Humphreys USO on Facebook.](#)

Job Search Assistance: Classes, workshops, individual sessions to empower job seekers of effective job searches. Provide educational classes on resume writing, interviewing, dress for success, job/employer market search, applications; resources for computer skills, ESL, education. Walk-in or call ACS Employment Readiness at 753-8321/6522 for class schedule or individual appointments. ACS Family Readiness Center, Bldg. 1127.

Korean Head Start Program: Learn about Korean culture, language, letters, government, and join a local tour. Mandatory for new Area III soldiers, optional for family members. Three days Wed-Fri All Day. Contact Mr. Kim, Kwan Hong 753-6901 or 010-8538-9485. Army Community Service Relocation Readiness, Army Community Services Building (ACS) 311.

Korean Railroad (KORAIL): Train schedule information and ticket purchasing available on the website or [Commercial Travel Office](#) located in the One Stop, Bldg. S-554.

Laboratory Services: Collects blood, urine or other specimens for culture analysis or health testing as ordered by a health care provider. Non Tricare will be billed. Open Mon- Fri from 0800-1700. Call 753-8126/3129, located in the Army Health Clinic, Bldg 555. Labs must be ordered by a physician; however Labs drawn for physicals can be done on a walk-in basis.

Laser Tag: Team or individual sport or game where players attempt to score points by tagging targets. Fee is \$2 per game or \$20 for 12 game punch card. Outdoor Recreation Office hours area Mon, Tues, Thurs, Fri from 0900-1700, Sat, Sun 1000-1900, Closed Wed. Call 753-3013; Bldg S1044.

LeCAC Café: Sandwich shop and assorted food located inside of the Community Activity Center (CAC). Open Mon-Fri 0700-1500; Closed Sat, Sun & Holiday. Call 753-7447; Community Activity Center Bldg S-110.

Legal Services Legal Office / JAG: Provides full spectrum legal support, to include legal assistance, claims, SOFA, administrative and military justice matters. Soldiers and civilian ID card holder. Call 753-6245; Located in Bldg S-734.

Lending Closet: Borrow temporary household items until your household goods arrive. Baby supplies, kitchenware, dishes and cookware. Soldier and civilian newcomers with valid ID. Open Mon-Fri 0800-1700 walk-in. Call ACS Relocation Readiness at 753- 8401. Located in the Army Community Service Building (ACS) 311.

Library (SFC Ray Duke Memorial Library): Books, magazines, newspapers, DVD movies, CDs, free book exchange, internet access, WiFi. Open Mon- Sun 1000-1900: Call 753-8433; Bldg S-301.

Lunch Box: Free lunch and socialize at the USO every 2nd and 4th Wed at 1130. Call the USO at 753-6281. Open Mon-Sun from 0900-1800. USO Bldg T-375.

Marriage and Family Therapy: Counseling services for Individuals and couples in need of crisis intervention. Non Tricare will be billed. Call the Behavioral Health Clinic at 753-7657 for appointment. Open Mon- Fri 0800-1130; 1300-1630. Located in the Army Medical Clinic, Bldg 555.

Master Resiliency Training (MRT) for Family Members: Gain the knowledge, skills and strategies that will influence all areas of your life: Physical, Social, Emotional, Spiritual, and Family. Call ACS Mobilization & Deployment Readiness Program at 753-7439 for training schedule: Army Community Service Building (ACS) 311.

Medical Appointment Line: Schedule routine appointments with your Primary Care Manager or Health Care Provider. Soldiers have priority. Civilian ID card holders space available. Non-Tricare patients will be billed for medical services. Call 737-2273 (CARE) Mon-Fri from 0730-1630. Army Health Clinic is located in Bldg 555. Additional information can be found at: <http://www.korea.amedd.army.mil/Appointment.html>

Military and Family Life Consultants: Confidential, non-medical short-term situational problem solving counseling for Soldiers and their families. 2CAB members call 010-8690-4138. All others call 010-8691-9949.

Military Car Sales: Exclusive car buying program (Military Advantage) for those serving overseas. Harley Davidson, Chrysler, Dodge, Jeep, Ford, Lincoln vehicle sales featuring military discounts, rebates, and added consumer protection. Open Mon-Sat 0900-1800; Sun 1000-1700. Call 753-7713; Located in back of the Main Exchange, Bldg S-400.

Military Sports Bike Riders Course: This 8 hour course complements the Experienced Riders Course with emphasis on self-assessment, risk management, riding behavior, riding strategies, and overall skill development in braking, cornering, and swerving. Active duty soldiers with approval from chain of command. Call Safety at 753-5582 or check website for schedule. Open Mon-Fri from 0800-1700. Safety Bldg S-484;

Mobilization & Deployment Readiness Training for Soldiers, Civilians, & Family Members: Conduct training mobilization & deployment issues, Family Readiness Group operations, prepare for NEO. Call ACS Mobilization and Deployment Readiness at 753-7439 for training schedule. Open Mon-Fri 0800-1700. Located in Army Community Service Building (ACS) 311.

Motorcycle Safety Training: This 2 day course covers the fundamentals of how to ride a motorcycle and basics of motorcycle safety. Active duty soldiers with approval from chain of command. Classroom- 5 hours; Riding exercises -10 hours. Call Safety at 753-5592 or check website for schedule. Open Mon-Fri from 0800-1700. Safety Bldg S-484;

Movie Theater: New release movies: \$5, Children age 6-11 yrs. \$2.50. Regular \$4.50, Children \$2.25 Open Mon-Fri 1830/2100; Sat, Sun 1530/1830/2100 Call 753-7716; Located in Bldg. S-113.

MP Hill Gym: Basketball court, modern weight and cardio equipment, racquetball, climbing wall, sauna. Open Mon-Fri from 0500-2100; Sat 1000-18000; Sun & Holidays Closed. Call 753-5971. MP Hill Gym Bldg S1949.

Navy Federal Credit Union: Banking services including loans, checking & savings accounts, currency exchange, ATM banking, credit cards, CDs, IRA, investments, insurance, trust services. Open Mon-Fri 0900-1600; 753-6203. Located in Bldg S-118.

New Leader Mandatory Family Advocacy Program & SHARP Brief: Covers Command responsibilities, mandatory for unit commanders & senior enlisted advisors within 45 days after appointment to command position. Call ACS Family Advocacy at 753-6252 for class schedule or individual training time. Army Community Service Building (ACS) 311.

Newcomers' Orientation: Weekly Newcomers' Orientation to include installation-wide information and community & cultural information to new arrivals. Held every Tuesday (except on USFK training holidays, then on Wed), starting at 0830, Super Gym, Bldg. S-1949. Call ACS Relocation Readiness Program 753-8804.

New Parent Support Program (NPSP): Services available to families who are expecting a child, or who have a child or children up to three years of age. It is a part of the Family Advocacy Program (FAP). The program includes home visits by NPSP staff, and may also include supervised playgroups, parenting classes, access to books, booklets, and other written materials on parenting. Call NPSP at 753-6287 to schedule an appointment. NPSP is located in the Army Community Services (ACS) Bldg 311.

Notes from the Garrison: Schedule of Camp Humphreys upcoming events, programs, and services provided via weekday e-mails. Command Information Officer: 754-6132 located in Bldg S-1280. Open Mon-Fri 0800-1700.

Nurse Advice Line: 737-1098 or 0505-737-1098 or cell 02-7917-1098. Available 24 hours 7 days a week.

Nurse Case Manager: Coordinates care for patients requiring medical services by local Korean hospitals. Call 753-8426. Open Mon-Fri. 0800-1700. Army Health Clinic Bldg 555.

Occupational Health: Provides job-related physicals/screenings. Vision and hearing conservation, respiratory protection, mission essential medical exams, in processing, ergonomics. Call 753-8359 to schedule an appointment. Open Mon-Fri 0800-1700. Located in the Army Health Clinic, Bldg 555.

Optometry: Vision testing, treatment of eye conditions, corrective eyewear. Call 753-8124 for appointments. Open Mon- Wed & Fri 0800-1630 closed 1130-1300, Thurs 1300-1600. Optometry Clinic located in the Army Health Clinic, Bldg. 555, 2F. Non-Tricare will be billed. Army Medical Clinic Bldg 555, 2F

Osan American High School Dept. of Defense education for authorized children in the overseas area. High School age dependents of Command-sponsored Soldiers and qualified civilians. Call 784-9076. Office is open Mon-Fri 0700-1600.

Outdoor Recreation: Events and tours, equipment rental for outdoor activities, park reservations, paint ball, laser tag. Call for pricing. Open Mon, Tues, Thurs, Fri 0900-1700; Sat &

Sun 1000-1900; Closed Wed Front desk 753-3013; Program Office 753-3255: Located in Bldg S-1044.

Pack N Wrap: Prepare goods for shipping by FedEx or US Postal Service. Open Mon-Fri 0900-1800, Sat 0900-1700. Call 017-715-2114. Located in Bldg S-118.

Parent Education & Support: Education to enhance parenting, i.e., physical care, protection, supervision, nurturing of children. Call ACS Family Advocacy Program 753-6252 for class schedule or for individual training time. Located in Army Community Service Building (ACS) 311.

Park Recreation/Reservation: Reservations of the Walk thru gate pavilion, Beacon Hill and Transformation Park. Call Outdoor Recreation at 753-3013 or Program Office 753-3255. Open Mon, Tues, Thurs, Fri from 0900-1700, Sat and Sun from 1000-1900, Closed Wed. Bldg S-1044;

Passport Services: Official/No-fee/tourist passport application processing. Visa and SOFA requirements. Newborn-Consular Report of Birth Abroad, passport and social security card. Open on Mon, Tues, Fri 0900-1700; Thurs 1300-1700: Closed on Wed and during lunch 1200-1300. Call 753-8557 to schedule an appointment (no walk-ins). The Passport Office is located in Bldg 544 2F Rm 11.

Patient Advocate: For all patient care questions or concerns call 737-1125/1126

Personal Financial Management Education: Educational classes on a variety of financial topics, i.e., banking & credit union services, budget development, recordkeeping, personal financial readiness for 1st termers, credit, insurance, home & auto purchases, etc. Call ACS Financial Readiness Program at 753-8403 for class schedule & individual appointments. Located in the ACS Family Readiness Center (FRC) Building 127.

Personal Training: Individualized workout plans, motivation, accountability with contract certified personal trainers offered at any fitness center. Call 753-8807 for additional program information and fees.

Pets and PCSing: Everything there is to know about PCS moves with pets. Don't get caught unprepared! Veterinary Clinic and Army Community Service (ACS). Call ACS at 753-8401 for schedule. Army Community Service (ACS) Building 311.

Pharmacy: Pharmacy dispenses medication and refills as prescribed by your primary care manager or other health care providers including those from MOU hospitals. *Over the counter medication without prescription available!* Non Tricare will be billed. Open Mon-Fri 0800-1700: Call 753-8125. Located in the Army Medical Clinic Bldg 555.

Photo Shop : Professional photographs, portraits, passport photos. Open Mon-Sun 1000-1900. Mr. Kang0sok YI; 070-4105-8547; Call 010-5340-9727. Located in Bldg T-375 next to the USO

Physical Therapy: Outpatient physical therapy, classes include Knee, Lumbar Stabilization, and Aqua Rehab. Priority to active duty, limited available for dependents, civilians. Must be referred by Primary Care Manager. Non Tricare will be billed. Open Mon-Fri 0800-1130; 1300-1700. Call the appointment line: 737-2273/ 753-8388. Located in the Army Health Clinic, Bldg 555.

Rugby: Brewster's Rugby Club based on Camp Humphreys. Go to facebook:

Playgroups (NPSP) : Parent-child playgroup offering socialization and play opportunities for parents and children. Military or civilian parents with infants and children ages 0-5. Playgroup: Mondays 1000-1100, Romp & Stomp: Thurs 0900-1100; Zoekler Gym. Call ACS New Parent Support at 763-6287. Located in Army Community Service Building (ACS) 311.

Pool (indoor) - Community Activity Center (CAC): 25 meter indoor pool at the Community Activity Center with hot tub, sauna, and locker rooms. Mon-Fri 0900-2100; Closed Sat, Sun, & Holidays. Call 753-8835. Located in the Community Activity Center, Bldg S-110.

Pool (indoor) - Super Gym: 25 meter indoor pool at the Super Gym with hot tub, sauna, and locker rooms. Mon-Wed-Fri 0600-2100; Thurs, Sat, Sun 1000-1800, Call 753-8083. Located in the Super Gym, Bldg S-1949.

Post Office: Shipping and mailing packages and letters. Open Mon-Fri 0930-1700; Sat 0900-1300. Call 753-7554. Located in Bldg- S-118.

Post Shuttle Bus: Post shuttle busses circle Camp Humphreys both ways every 20 min Mon-Fri 0520-2400; Sat-Sun 0730-2410. Community Service Transportation: 753-6650/8945/6656.

Pre-Arrival Information: Assessment of client's or family's needs, information on destination area, entitlements, reimbursements, resources. Call ACS Relocation Assistance at 753- 8804 for individual appointments. Located in the Army Community Service Building (ACS) 311

Pregnancy Post-Partum Physical Training Program (PPPT): Mandatory exercise and education program for pregnant/post partum soldiers led by certified instructors at the Super Gym. One hour class on Mon-Wed-Fri at 0630-0730. Tues at 0630 is education in the Super Gym TV lounge. Call SFC Hazell Belvin at 753-7992 for information. The Super Gym is located in Bldg S-1949.

Public Health Nurse: Sexually Transmitted Infections/Diseases Screening and Follow-up, Latent TB follow-up care, Child Youth Services and School Health Consultants. Non Tricare will be billed. Call the Public Health Nurse at 875-8858 for an appointment Mon-Fri 0800-1700. Located in the Army Medical Clinic, Bldg 555.

Pyeongtaek Bus Station Shuttle: Departs from the Humphreys Lodge at 1030 every day. \$5 per person. Purchase tickets at the CAC.

Radiology Dept.: Routine x-rays taken on-site as ordered by a health care provider. Non Tricare will be billed Walk-in; Mon-Fri 0800-1700. Call Reception at 753-8471. Located in the Army Medical Clinic Bldg 555

Relocation Readiness: Assessment of client's or family's needs, information on destination area, entitlements, reimbursements, and resources. Call ACS Relocation Readiness at 754-8804 for individual appointment. Army Community Service Building (ACS) 311.

Resource Information (employment): Information on available employment opportunities, education, and volunteer resources. Walk-in or by appointment. Call ACS Employment Readiness at 753-8321. Located in the ACS Family Readiness Center, Bldg. 1127.

Respite Care: Respite care provides temporary relief to family members and caregivers. Eligibility, enrollment, funding, and other information. Audience: Family member's special needs. Online training or seminar available. Call Exceptional Family Member Program at 753-6277 for class schedule or appointment. Located in the Army Community Service Building (ACS) 311

Rock Climbing (Indoor): Learn the rating system, belaying, knots, basic equipment, basic climbing techniques, and safety. One hour class every Wed at 1800-1900. Call Mr. Hak-hun Kim 754-8084. Located at the Zoekler Station Gym.

Run to AK Plaza: Monthly noncompetitive 5.3 mile run from the Pedestrian Gate to AK Plaza. Bring Korean Won for snacks and return bus fare. Call Health Promotion at 753-3253 for schedule.

Safety Education Program: Education on how to protect children & talk to children about child abuse prevention. Target Audiences: Children & Parents/Teachers/Caregivers. Call ACS Family Advocacy at 753-6252 for class schedule or for individual training time. Located in the Army Community Service Building (ACS) 311.

School Liaison Officer: The School Liaison Officer is the primary resource on school related issues on the installation and in the local school districts. Call 753- 8069. Located in Bldg S-572.

Services to Multicultural Families: Basic and Advanced English classes; basic Korean language instruction; cultural mediation assistance for problems during immigration & cultural adaptation processes. Call ACS Relocation Readiness Program at 753-8804 for class schedule & individual appointment. Located in Army Community Service (ACS) Bldg. 311.

Sexual Assault Hotline: From DSN on post dial 158. From cell phone dial 0505-764-5700.

Sexual Harassment/Assault Response Program (SHARP): Victim Advocacy for Adult Victims of Sexual Assault & Harassment & Education/Prevention (SHARP) Training, Army Community Service (ACS), Bldg. 311.

Sick Call: Non 2 CAB soldiers report to front desk. 2 CAB soldiers report to Acute Care Clinic Walk-in Mon-Wed & Fri from 0700-0800 and 1300 Thurs; No sick call on holidays or training holidays. Walk in only. Call 753-8388. Located in the Army Health Clinic Bldg. 555.

SKIES Unlimited: SKIES*Unlimited* is an acronym for “School of Knowledge, Inspiration, Exploration, and Skills” with the word “Unlimited” for the unlimited possibilities this program can offer children and youth. SKIES*Unlimited* encompasses instructional programs for children and youth ranging from four weeks old to adolescence. Through SKIES*Unlimited*, children and youth in Child Development Services (CDS), School Age Services (SAS), Middle School and Teen (MS&T), and Outreach Services (OS) Programs, as well as Home Schooled Children, have equal access to opportunities that expand their knowledge, inspire them, allow them to explore, and acquire new skills. For information on classes or to register visit the Parent Central Services office or call 753-3413/5973.

SMART START (see Relocation Program): How to use the public transportation system. Held the first Thursday of every month. Departs from ACS, Bldg. 311 at 1000 returning at 1400. To make a reservation or find out more call ACS at 753-8318.

Social Work Services: Assessment and treatment for victims and offenders of domestic violence Behavioral Health Clinic/Social Work Services. Call 753-8295 Mon-Fri 08:00-17:00; After hours call 010-9250-0729. Located in the Army Medical Clinic, Bldg. 555.

Soldier Risk Assessment Tool: Risk Assessment tool designed to assist Unit Commanders in identifying Soldiers who may be at risk. Call Health Promotion at 753-3253. Open Mon-Fri 0800-1700. Health Promotion is located in the Army Health Clinic Bldg 555.

Special Needs Accommodation Process (SNAP): Evaluation process to determine if children with special needs require special accommodations to participate in Children Youth Services (CYS)

Call ACS Exceptional Family Member Program 753-6277. Located in the Army Community Service (ACS) Bldg 311.

Splash & Splash Water Park: Olympic sized outdoor pool, kid's pool and water fort, d1 and 3 meter diving boards, water slides, outdoor volleyball court, hot tub, and more. Daily \$5; family \$10, guest \$15. Season pass available. May through Labor Day weekend. Mon-Thurs 1200-2000; Fri- Sun 1100-2000 754-6412; 031-619-6412 Across from the walk-through gate next to Alaska Mining Company

Sponsorship Support (ACS Relocation Program): Training for unit sponsorship trainers or designated sponsors upon unit requests, youth sponsor training, destination information. Call ACS Relocation Readiness Program at 753-8804 for class schedule & for individual unit appointments. Located in the Army Community Service (ACS) Bldg 311.

Spouse Abuse Prevention Program: Education and prevention strategies for healthy relationships. Call ACS Family Advocacy Program at 753-6262 for class schedule. Located in the Army Community Service (ACS) Bldg. 311.

Spouse Abuse Victim Advocacy Services: Support to victims of spouse abuse. 24 hours. On Post Dial 153; from cell phone, dial 0505-764-5997. ACS Family Advocacy Program located in the Army Community Service (ACS) Bldg 311.

Suicide Crisis Numbers- Local: In a life-threatening, emergency situation call 911 or if you are using a cell phone 031-690-7911. Available 24 hours. You can also call the After Hours Clinic open 24 hours at 753-8111 (0505-753-8111 from a cell phone). During normal working hours the Humphreys Behavioral Health Clinic can provide assistance. Call 753-7657 (0505-753-7657 from a cell phone).

Suicide Prevention- On Duty Chaplain: On Call Duty Chaplain is available 24-7 to anyone in suicidal crisis or emotional distress. 24 hours daily 010-9496-7445

Super Gym: Basketball court, indoor running track, modern weight and cardio rooms, racquetball, climbing wall, 25 meter pool, hot tub, sauna, combative room. Open Mon-Fri 0500-2100; Sat, Sun & Holidays 0900-1900. Call 753-8031. Located in Bldg S-1949.

Tax Services: Tax assistance and e-filing by IRS trained staff. Open Mon-Wed & Fri from 0900-1700; Thurs 1300-2000 (Tax season only). 1040EZ Drop-off, Walk-in. Call 753-5680 for appointments. The Tax Center is located in Bldg S-751

Telephone Alert System: When activated, it will call you directly to inform you of changes to road conditions, delays or closures of Humphreys American Schools and Child Development Center Soldiers. Contact DPTMS 754-6879 or email: Area 3IOC@korea.army.mil.

Thrift Shop (Painted Door) Humphreys United Club: Used clothing, household goods, and other donated items for sale at discounted prices with proceeds returned to the Humphreys community. Open Tues, Thurs, Sat 1000-1400. Call 753-7014. Located in Bldg. 360 between ACS and the Army Health Clinic.

Tobacco Cessation: Strategies for successfully quitting tobacco including behavioral support and quit plan options using medication. Call Health Promotion at 753-3253 for class schedule or appointment. For additional information go to [Military Members Quitting Tobacco](#).

Tommy D's: Bar, Korean lunch buffet, special evening events, catering. Open Mon-Fri 1100-1300; Wed-Fri- 1600-2400; Sat 1600-2400; Sun & Holiday Closed. Call 753-8191. Located in Bldg. S-501 next to the Army Health Clinic.

Transition Support: To help ease the transfer of school-aged children between schools. Call the School Liaison Officer at 753-8601. Located in the Child Development Center (CDC), Bldg. 693.

Trial Defense Services United States Army Trial Defense Services Criminal legal advice and representation. Legal advice and representation of Soldier on criminal matters. Soldiers Only Free. Call 753-7380 to schedule an appointment. Located in USATDS Bldg.753-B.

Travel Clinic: Review and update immunization requirements and receive education on preventing illness and injury while traveling to a foreign country. Contact the Public Health Nurse at 753-8355 to schedule an appointment (recommended 6-8 weeks prior to travel). For active duty and civilians age 18 and older. Located in the Army Health Clinic, Bldg. 555.

Tricare: World-wide DoD health care program available to active duty, retirees, and eligible family members. Open from 0800-1700 M-F; closed 1200-1300. Camp Humphreys 753-7708 121 Hospital 736-7236. Located in the Army Medical Clinic, Bldg 555.

Tricare Courtesy Van: Transportation to DanKook Host Nation Hospital for routine health care appointments. Available to active duty Soldiers, retirees, and eligible family members. Departs 0815, returns 1200. Departs 1230, returns 1630. The Tricare Office phone number is 753-7708, located in the Army Medical Clinic Bldg. 555.

Troop Education Program : Annual troop education on spouse & child abuse, prevention & treatment services, Army policies. Call ACS Family Advocacy at 753-6252 for Troop training date & time . Located in the Army Community Service (ACS), Bldg. 311.

Troops for Trash: 4th Sat of every month, 1000-1600. Korean/American Relations Community Project. Meet at the Humphreys Pedestrian Gate at 0945. Five mile, 6 hour hike and trash pick-up. Volunteer hours recorded. Free snack by Korean American Partnership Association (KAPA).

Contact Jim Dunnet at 010-6285-9966 or email jamesd940@gmail.com. Osan 2nd Sat of every month 0930-1500, Main Gate. Call Yi In Won at 010-3719-7283.

Unit Ministry Team: Each Battalion, Brigade and Garrison has an assigned Unit Ministry Team (UMT) to promote spiritual, relational, and moral well-being.

Garrison: 754-7274

2CAB: 753-6026

3-2 GSAB: 753-3648

4-2 ATK: 753-7523

602 ASB: 753-7881

3 MI: 754-6015

532 MI: 754-8563

194 CSSB: 753-6862

Unit Prevention Leader Certification: Army Substance Abuse Program (ASAP). Training to receive certification as a Unit Prevention Leader. For Soldiers E-5 and above. 40 hour course. Call 753-7363 for schedule. Open Mon-Fri from 0800-1700. ASAP is located in Bldg 742.

Unit Wellness Training: Wellness briefs on a variety of health related topics. Units, groups, private organizations, or other approved requests. 30 min to 60 min. Call Health Promotion at 753-3253 to schedule. Health Promotion is located in the Army Health Clinic, Bldg 555.

United Through Reading: Read and record a book to send to your children. Free. Call the USO at 753-6281 to schedule an appointment. The USO is located in Bldg T-375 near the Commissary and PX.

Vehicle Safety Inspection: Vehicle Safety Inspection required on vehicles 2 or more years older than manufacture date. Fee is \$19.95. Open Mon from 0900-1900; T-W from 0900-1700; Th-Fri from 0900-2000. Call the Auto Skills Center at 753-8548. Located in Bldg 2080.

Veterinary Clinic (24 hour emergency): KN Vet Clinic is conveniently located directly across from the Humphreys Pedestrian Gate. Call 031-692-7114.

Volunteer Management: Provides ongoing training to community volunteers to enhance their professional development. Also Volunteer Organization Point of Contact (VOPC) training. Coordinated by the Army Volunteer Coordinator & Volunteer Agencies. Call Army Volunteer Corps at 753-3266 for training schedule. Open Mon-Fri from 0800-1700. Located in the Army Community Service (ACS) Bldg. 311.

Volunteer Recognition: Coordination of community volunteer recognition ceremonies (Volunteers of the Quarter, Volunteers of the Year, etc. Call ACS Army Volunteer Corps (AVC) for individual appointment 753-3266. Open Mon-Fri from 0800-1700.

Volunteer Program, Better Opportunity For Single Soldiers (BOSS): Offers a variety of volunteer opportunities in and around Camp Humphreys. Single, unaccompanied Soldiers. Open Mon-Fri from 0800-1700. Call 753-8970. Located in the Community Activity Center, Bldg: S-110 ;

Waiting Spouse Support Group: Support to families who are living separately from the military sponsor due to mission requirements. Call ACS Relocation Readiness at 753-8804 for schedule. Located in Army Community Service Building (ACS), Bldg. 311.

Weight Loss: Nutrition and physical activity strategies to reduce body fat. Individual counseling or unit briefs. Fulfills Army Weight Control Nutrition Counseling requirement. 60 min. Call Health Promotion at 753-3253 to schedule. Located in the Army Health Clinic Bldg. 555. Download myfitnesspal.com to track your nutrition intake and caloric expenditure. An effective tool for balancing your eating and exercise routine for effective weight loss.

Well Baby Appointments: Age appropriate physical exam for children of all ages. 3-5 days old, 1-2 weeks, 2,4,6,9, 12, 18 months, 2 years, then annually. Non Tricare will be billed. Call the Appointment line at 737-2273. Located in the Army Health Clinic, Bldg. 555.

Women, Infants, and Children (WIC): Overseas Program Nutrition Education, Counseling, and financial aid. Nutrition education for WIC qualified families with focus on maintaining optimal health for mother and infant. Qualified mothers who are pregnant, breast feeding or have infants or children less than 5 years. Call for appointment. 753-6909/6106. Women, Infants, & Children (WIC) is located in the Family Readiness Center (FRC) Bldg. 1127.

Worksite Ergonomics: Safety Assessment and redesign of the workplace in order to reduce or eliminate the risk of repetitive strain injury. Call to schedule: Occupational Health 753-8120 or Health Promotion 753-3253 Army Medical Clinic, Bldg. 555.

Youth Running Club: The Humphreys Road Runners meet Tues and Thurs at Zoekler Track (Super Gym during the winter). Grade 3 and up, although younger children may participate with parent in the vicinity. Humphreys Road Runners on [Facebook](https://www.facebook.com/HumphreysRoadRunners).

Youth Sponsorship: Make the transition easier for school-aged children with an age-matched youth sponsor. Open Mon-Fri 0900-1800. Contact the School Liaison Officer 753-8601 located in the Child Development Center.

Zoekler Station Gym: Basketball court, modern weight and cardio equipment, racquetball, climbing wall. Outdoor running track and sports field. Open Mon-Fri 0500-2100; Sun & Holidays 1000-1800; Sat Closed Call 754-8083, Bldg

