

Behavior Change

- ▶ WHAT: Teaches successful behavior change in order to meet established goals.
 - ▶ Ex. Lose weight, smoking cessation, pass PT test, etc.
 - ▶ One time only briefing
- ▶ WHEN: 1st and 3rd Tuesdays of the month at 0900
- ▶ WHERE: check-in at the Mental Health Clinic front desk
 - ▶ (3rd floor of medical group).
- ▶ WHO: Mandated by First Sergeant