



Fort Carson-MEDDAC News

Mountain Post Wellness prepares for new name and building

By: Selinda Torbert, Mountain Post Wellness Center

The Mountain Post Wellness Center will soon become the Forrest Resiliency Center. A rededication of the building takes place on May 3rd when Fort Carson opens its Mountain Post Resiliency Campus. The campus includes the Forrest Resiliency Center, the Behavioral Health Building, the Ivy Child Development Center and Ironhorse Sports and Fitness Center.

As the Wellness Center gets a new name, it's also transforming how it does business. The Army is standardizing its centers and creating six core programs. What isn't changing is the benefits offered to you. As part of this process, the Forrest Resiliency Center will continue to facilitate healthy lifestyle programming and services to all Soldiers, their Families, retirees and civilians.

The center's six core areas will be health assessment reviews, physical fitness, healthy nutrition, stress management, general wellness, and tobacco education. Here's how you can take advantage of the new and improved FRC.

Health Assessment Reviews: FRC tests can identify your current fitness level and risk factors for disease prevention. This includes measuring your stress levels, blood pressure, height, weight, BMI and more. A health care provider looks over the reviews and can make referrals to primary care providers, if it's needed.

Physical Fitness: The center's fitness testing labs, exercise testing and prescriptions can help you improve your cardio respiratory health, body composition, muscular fitness, and flexibility. Experts will assist in developing fitness plans and goals.

Healthy Nutrition: These programs address metabolic testing, weight management, and healthy nutrition education. It's about learning to change your behavior, portion control, eating habits, and healthy food preparation.

Tobacco Education: This program is based on prevention, awareness and education services for our beneficiaries on the dangers of smokeless and smoking tobacco. Tobacco Cessation classes and others classes are offered multiple times per week.

Stress Management: Stress management includes a stress realization room with a massage bed, classes on how to ease yourself into sleep, stress management education and a biofeedback area.



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General Wellness Education: This includes information on self care. The FRC can screen your cholesterol and blood pressure on a walk-in basis with no appointment necessary. We also manage the DoD sponsored Civilian Wellness Program.

These services are open to all active duty service members, Family members, retirees and DoD civilians. To schedule an appointment, call (719) 526-3486.

The Mountain Post Resiliency Campus Grand Opening takes place at 10 a.m. on May 3rd. The Forrest Resiliency Center rededication begins at 10:30 a.m. on May 3rd.