

Learn how to help military families navigate the terrain of economic security.

LIVE WEBINAR

Strengthening Health, Wellness, and Relationships: Economic Readiness and Family Well-Being

Total Force Fitness focuses on the service member's entire health throughout their career. Total Force Fitness focuses on enhancing eight dimensions of wellness for service members. This webinar discusses the financial fitness dimension and how economic insecurity can affect the other wellness dimensions including nutritional fitness. This webinar will also highlight initiatives to support financial fitness and food security.

Learning Objectives

- Define the eight dimensions of wellness in the Total Force Fitness concept.
- Describe how the eight dimensions of wellness affect each other.
- Outline the risk factors for food insecurity for the U.S. military
- Describe methods for identifying and assisting economic and/or food-insecure service members.

Presenters:

Joanna Reagan

Public Health Nutritionist
Defense Center Public Health

Dr. Theresa Santo

Senior Public Health Scientist and Deputy Director for Health Promotion and Wellness
Defense Health Agency Public Health Directorate

Robyn Mroszczyk

Deputy Chief of Staff, G-g's Financial Education Program Manager
Army Headquarters

Continuing Education:

OneOp is applying for continuing education credits from the following professional organizations:

- American Association for Family and Consumer Sciences
- Association for Financial Counseling and Planning Education
- Center for Financial Certifications
- Commission for Case Manager Certification
- Commission on Dietetic Registration
- National Council on Family Relations
- The Patient Advocate Certification Board
- University of Texas at Austin, Steve Hicks School of Social Work

Certificates of Attendances are also available.

August 29th, 2024

11:00 AM - 12:00 PM EDT

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