



WELLNESS & RESILIENCY PROGRAM


The Wellness & Resiliency Program provides recovering Airmen, Guardians, and caregivers holistic avenues to enrich overall recovery and resiliency throughout the Continuum of Care. Whether in-person or virtually, we offer programming that includes art, music, yoga, journaling, photography, comedy sessions, origami, as well as spiritual and other forms of holistic resilience.

Our sessions are designed to develop independence, boost confidence and elicit creativity among Airmen, Guardians, and their caregivers.

Offered Programs

- Art
- Com-Motion Dance
- Improvisational Comedy
- Journaling
- Mindfulness
- Music
- Photography
- Yoga

CLICK OR SCAN TO LEARN MORE ABOUT THE RESILIENCY PROGRAM




For more information, please email: AFPC.DPFW.WellnessTeam@us.af.mil

