



CPT LEIGH  
JAYNES-PROVISOR

SGT NATHAN  
SCHRIMSHER

SFC KEITH  
SANDERSON

# STRONG B.A.N.D.S.

BALANCE   ACTIVITY   NUTRITION   DETERMINATION   STRENGTH

## FORT HOOD TEXAS events

**Month of May** **Apache Arts and Crafts Decorative Painting Project**  
 Apache Arts and Crafts Center, Tues thru Sat  
 Bldg. 2337 761st Tank Battalion and 62nd Street  
 254-285-5459

**Month of May** **Casey Memorial Library Storybook Walk**  
 9 - 10 am, Casey Memorial Library  
 Bldg. 3202, 72nd Street, at 761st Tank Battalion Avenue  
 254-285-5459

**May 13** **Zumba Fiesta**  
 11:30 am - 13:30 pm, Abrams Physical Fitness Center  
 Bldg. 23001 62nd Street at 761st Tank Battalion Avenue  
 254-285-5459

**May 18** **Yoga gets Banded**  
 1130-1330 & 1730 - 1830, Abrams Physical Fitness Center  
 Bldg. 23001 62nd Street at 761st Tank Battalion Avenue  
 254-285-5459

**May 26** **Band of Spinsters**  
 1130 - 1330 pm, Abrams Physical Fitness Center  
 Bldg. 23001 62nd Street at 761st Tank Battalion Avenue  
 254-285-5459

**STEP 1** Attend featured fitness events at your garrison.

**STEP 2** Wear your Strong B.A.N.D.S. wristband throughout May to show your commitment to a healthy lifestyle.

**STEP 3** Visit [ArmyMWR.com/StrongBANDS](http://ArmyMWR.com/StrongBANDS) for fitness tips in May.