



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 for fitness tips in May.