



Military OneSource Monthly Communication Plan

February 2010

Monthly Content Focus: Health and Wellness

Webinars

[Special Needs Resources](#): February 23, 2010 12:00 PM ET & February 25, 2010 6:00 PM ET

[Healthy Weight for Life](#): March 17, 2010 3:00 PM ET & March 18, 2010 11:00 AM ET

Homepage Content

Articles

- [Adjusting to Civilian Life After Combat Duty with the Guard or Reserve](#)
- [Becoming a Father as a Service Member](#)
- [Becoming a Mother as a Service Member](#)
- [Checklist for New Military Spouses](#)
- [Combat Stress Resources for Military Families](#)
- [Counseling Services Available Through Military OneSource](#)
- [Staying Involved in Your Child's or Teenager's Life When You're Deployed](#)
- [Spending Time Outdoors to Clear Your Head](#)
- [Taking Care of Yourself](#)
- [Teenagers and Deployment](#)

Educational Materials

- [Chill Drills Playaway](#)
- [Walking CD](#)
- [Double Duty CD](#)
- [Staying Strong as a Couple CD](#)
- [Coming Home: How to Deal, What to Expect When You Return from Combat Booklet](#)

Services Being Promoted

- [Military OneSource Counseling](#)
- [Military OneSource Health Coaching Programs](#)
- [MWR Fitness Programs](#)
- [YMCA](#)

Tools

- [Health Calculators](#)
- [Healthy Meals Podcasts](#)
- [Healthy Recipes](#)
- [Weight Loss Toolkit](#)

You name it. We can help - 24/7!
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