

MCCS Health Promotion Wellness Request Form

To submit a Wellness Brief Request, please complete and return to MCCS Health Promotion at mccshealthpromotions@okinawa.usmc-mccs.org

We require 2 weeks notice for requests

| | |
|------------------------------|-----------------------------|
| POC/ Training Officer Name: | POC Phone: |
| POC Email: | Unit Name: |
| Location: | First Proposed Date / Time: |
| Second Proposed Date / Time: | Third Proposed Date / Time: |

Type of Brief:

| | |
|---|--|
| *Fitness: <input type="text" value="Tactical Fitness Brief"/> | *Sexual Health <input type="text" value="Select from the dropdown"/> |
| *Heart Health: <input type="text" value="Select from the dropdown"/> | *Sleep <input type="text" value="Select from the dropdown"/> |
| *Injury Prevention: <input type="text" value="Select from the dropdown"/> | *Stress Management <input type="text" value="Select from the dropdown"/> |
| *Nutrition: <input type="text" value="General Nutrition Brief"/> | *Tobacco Cessation <input type="text" value="Select from the dropdown"/> |
| *MISC <input type="text" value="Physical Fitness & Stress Manager"/> | |

Comment:

Expected Number of Participants:

| | | | | | | | | | |
|-----|------|-------|-------|-------|--------|------|------|------|-------|
| 2-5 | 5-10 | 10-25 | 25-50 | 50-80 | 80-100 | 100+ | 150+ | 200+ | Other |
| | | | | | | | | | |

Preferred Location of Brief:

| | | | | | |
|---|----------------------------------|---------------------------------|------------------------------|-------------------------------|--|
| <input type="checkbox"/> Education Center | <input type="checkbox"/> Library | <input type="checkbox"/> Chapel | <input type="checkbox"/> SMP | <input type="checkbox"/> Club | <input type="checkbox"/> Marine & Family |
|---|----------------------------------|---------------------------------|------------------------------|-------------------------------|--|

** **General Nutrition is a required prerequisite** before requesting a **Performance Nutrition** brief, unless the request is for Marines in a combat MOS. The Performance Nutrition brief focuses on fueling strategies for Marines with physically demanding occupational requirements. Marines outside of a combat MOS who seek additional nutrition guidance should first complete the General Nutrition brief to establish a solid foundation in basic nutrition principles.*