

Get Stronger Together

Morale, Welfare and Recreation

has activities that can help build and support strong relationships with family and friends:



Learn

- » When learning is fun and hands-on, the information sticks.
- » Puzzles, reading, hobbies and increased activity keep memories sharp and improve brain function.

Morale, Welfare and Recreation is the perfect place to discover a new hobby, recreational skill or local attraction.



Connect

- » Families build strong emotional bonds when they play together.
- » Meaningful social interactions prevent depression and keep stress at bay.

Morale, Welfare and Recreation connects you to your favorite activities year-round.



» Take a hike together.

» Try a fitness class together.

» Share a story at the library together.

» Discover a new hobby together.

» Visit a local attraction together.



Sweat

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- » Adults should exercise at least 150 minutes each week.
 - » Exercise buddies create accountability and make workouts social activities.
 - » Kids who are surrounded by active family members and friends are more likely to participate.

Morale, Welfare and Recreation offers fitness opportunities for all ages, fitness levels and interests.

Discover the ways to wellness through your Morale, Welfare and Recreation:
<http://www.militaryonesource.mil>.

