



SEPTEMBER 2026 · CAMP HUMPHREYS

Health & Wellness Expo



In observance of Suicide Prevention Awareness Month

DATE

10 SEP

TIME

0900 – 1100

LOCATION

Camp Humphreys HUB

STRETCH & BREATHE

Pilates Session with Mandy

1130 – 1220 · Immediately Following the Expo

Limited to 40 participants — sign up via QR



SCAN TO REGISTER

OUR PARTNERS IN WELLNESS

Good Morning Hospital
Asana Counseling Center
Integrated Counseling Group
Adaptable Human Solutions
You and Me Psychological & Consulting Services
Camp Humphreys Wellness Center
ACCESS
EAP
ASAP
BDAACH

MFLC
Army Community Services
R2 Performance Center
MWR Sports, Fitness, and Aquatics
Red Cross
SUDCC
Public Health
Garrison Chaplain

All are welcome — Service Members · Family Members · Korean Nationals · Contractors · DA Civilians



POINT OF CONTACT · Suicide Prevention Program
usarmy.humphreys.id-pacific.mbx.suicide-prevention@army.mil

You Matter.