



What is the Community Health Promotion Council?

The mission of the Community Health Promotion Council Office is to coordinate, plan, and implement comprehensive health promotion and well being processes based on initiatives to enhance resiliency and readiness for the Fort Benning Community.

The Community Health Promotion Council (CHPC) process integrates garrison, medical and mission efforts in support of the synchronization of health promotion, risk reduction, and suicide prevention programs.

The installation CHPC is the overarching umbrella that ensures the integration at the local level of the Army's Ready and Resilient Campaign.



Upcoming Holiday Events

- The MCoE Band will host the annual holiday concert at 4pm Dec. 7 at the Columbus RiverCenter. Admission is free, but tickets are required. Tickets are available at Tickets & Travel in the Commissary Mall. This event is open to the public
- Trees For Troops returns to Fort Benning's Wetherby Field Dec. 10. These trees are donated to active duty Soldiers (and their families) by grateful Americans from across the country. You will receive only one tree per family with your military ID.
- Santa returns to Riverside for his annual visit with the families of Fort Benning from 5-8pm Dec. 11.
- Airborne Tower Lighting Ceremony from 3-7pm Dec. 12 on Eubanks Field.
- The Mall Bowling Center will host the annual New Year's Eve Bowlout from 7pm Dec. 31-1am Jan. 1. Unlimited bowling and a fabulous breakfast buffet for \$60 per couple, \$35 for individual and \$15 per child younger than 10 until Dec. 24.



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What are the most common symptoms of depression?

Depression is characterized by a persistent and pervasive loss of ability to feel pleasures. A person with major depression will not experience pleasures from pleasurable stimuli, such as spending time with friends.

Depressed individuals will often have their sleeping patterns disturbed, diminished concentration and memory, impaired judgement, and/or a waning appetite and sex drive. Thoughts of death, wishes for death and thoughts of suicide are unfortunately all too common, and are a sign that immediate attention and treatment is needed.

Why is depression so common during the holidays?

Holidays are a time when expectations are generally high and stress increases due to expectations of meaningful connections with loved ones and the exchange of “perfect” individualized gifts that will be cherished forever. Further, they come at a time of year when the days are short and sunlight is in limited supply, which can trigger an episode in many people vulnerable to depression.

How can people beat depression during the holidays?

There are four ways people can battle depression over the holidays:

- Get some sunlight and exercise. Fifteen to 30 minutes of sunlight, at best in the early morning, will go a long way to alleviating the winter blahs, and who doesn't enjoy a brisk romp down a snowy lane after dinner?
- Adjust your expectations. Don't let visions of perfection spoil everything. Learn that most things can be good enough – gifts, food, company, etc.
- Watch your health. Get enough sleep and eat and drink in moderation. Two glasses of wine are plenty for the evening – one if you've already had the eggnog. Pick one cookie on the plate and savor it, instead of eating them all.
- If the depressed mood is serious, leading to isolation, crying spells, not sleeping or eating, hopelessness and thoughts of death or suicide, get help immediately.

Source:

http://www.hopkinsmedicine.org/health/awareness/beating_holiday_depression.html



Healthy Holiday Treats Less than 300 Calories

White Chocolate Holiday Bark

Yield: Makes 30 Servings (serving size 1 ounce/ 142 Calories)

Ingredients

- 1 cupsliced almonds
- 1/4 cup unsweetened coconut
- 1 cupoven-toasted rice cereal
- 1 cupdried cranberries
- 1 1/2 pounds good-quality white chocolate, chopped
- 2 teaspoons vegetable oil



1. Preheat the oven to 325°. Line a baking sheet with parchment paper, and set aside.
2. Spread the sliced almonds and the unsweetened coconut in an even layer on the baking sheet. Toast 5–8 minutes or until coconut just begins to brown. Remove baking sheet from the oven, and let cool.
3. In a large bowl, combine almonds, coconut, rice cereal, and dried cranberries. Reserve about 1/4 cup of the mixture, and set aside.
4. Place chopped white chocolate and 2 teaspoons vegetable oil in a large heatproof bowl, and set over a medium saucepan of simmering water. Stir with a spatula until the chocolate is completely melted.
5. Remove the chocolate from heat, and fold in the almond mixture. Spread mixture evenly on parchment-lined baking sheet. Sprinkle on the reserved 1/4 cup topping. Refrigerate for about 30 minutes or until the chocolate has completely set. Break the bark into small pieces, and serve.



Check out our Community Resource Guide!

<http://www.benning.army.mil/mcoe/CommunityHealth/>

