

What is HP? And why do we do it?

Health Promotion (HP) brings information and education to individuals, families, and communities that encourages physical, spiritual, social, behavioral, and family wellbeing. HP brings you healthy ideas and concepts to motivate individuals to adopt healthy behaviors.

HP is a comprehensive social and political process. It strives to integrate and synchronize actions targeted to strengthen the resilience of individuals while observing the social, environmental, and economic factors influencing health/wellness.

Bottom-line-up-front: Health Promotions on Fort Leonard Wood exists to support you, and your family, in being a happier, more resilient unit. Our efforts are aimed at ensuring integrity in the promotion of health and wellness. We won't ask you to do anything we wouldn't do ourselves (or at least try!).