

EXTRA, EXTRA - READ ALL ABOUT IT IN THE NEW HOOAH 4 HEALTH NEWSLETTER



www.h4hnewsletter.com

The HOOAH 4 HEALTH newsletter is a bi-monthly e-publication. The newsletter is downloadable and printable. It can be tailored to fit the needs of any Army health promotion and wellness activity. We invite you to make the newsletter part of your health and wellness program. Feel free to insert your own logo and organizational information in the top left corner of the front page, and modify the newsletter by inserting your own articles or using those that we have provided. All issues of the newsletter have been archived on the H4H website www.hooah4health.com. The newsletter may be directly accessed at www.h4hnewsletter.com.

HOOAH 4 HEALTH (H4H) is a U.S. Army-sponsored web-based health promotion and wellness training tool. Although H4H was originally designed specifically for the Reserve Component to accommodate limited training windows, the web site has had fifty-six million visitors Army-wide, DOD-wide, and worldwide since its debut in June 2000.

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