

# SURVIVOR OUTREACH SERVICES

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Fort Campbell, KY 42223

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<b>FEBRUARY 2012</b>		1	2	3	4			
5	6	7	8	9 <b>Survivor Testimonials,</b> CAO/CNO Training, DW Rec. Center, 12:30 p.m.	10	11		
12	<b>Valentine's Day Social</b> Cole Park Com, Ashau/Bastogne Rm. 11 a.m. – 1 p.m.	13	14	15	<b>Water Aerobics</b> Gardner Indoor Pool 10 a.m. – 11 a.m.	16	17	18
19	<b>George Washington's Birthday. Holiday Observed.</b>  <b>SOS Bldg. Closed</b>	20	<b>Strength Training</b> Freedom Fighter Fitness Center 10 a.m. – 11 a.m.	21	22	23	24	25
26	27	<b>Strength Training</b> Freedom Fighter Fitness Center 10 a.m. – 11 a.m.	28	29				

# ACS Survivor Outreach Services Event Information



## **Monday, February 13: SOS Valentine's Day Social**

**Time: 11 a.m. – 1 p.m.; RSVP by Friday, February 10, 2012**

**Location: Cole Park Commons, Ashau/Bastogne Room**

It's the sweetest day of the year! The SOS team invites you to be our guest as we celebrate Valentine's Day with chocolate fondue, nonalcoholic beverages and assorted sandwiches, on Monday, February 13, 2012 from 11 a.m. until 1 p.m. in the Ashau/Bastogne Room, Cole Park Commons, Fort Campbell, Kentucky. Please RSVP to the SOS Team by emailing [sos@fortcampbellmwr.com](mailto:sos@fortcampbellmwr.com) or call (270) 798-0272/0277 or (270) 412-7251 no later than Friday, February 10, 2012. Please provide your name, phone number, and number of guests who will be attending. Your presence will be an honor.

## **Thursday, February 9: CAO/CNO Training/Survivor Testimonials**

**Time: 12:30 p.m.**

**Location: Dale Wayrynen (D.W.) Recreation Center**

SOS and the Casualty Assistance Center (CAC) are asking any Surviving Family members that wish to share their stories with the Soldiers attending the Casualty Assistance Officer/Casualty Notification Officer (CAO/CNO) training to contact SOS and let us know if you plan on attending. This training is vitally important to the overall effectiveness of the casualty training and allows the Soldiers to hear firsthand accounts of the process. The CAC is looking for both positive experiences as well as those who would like to share improvements and suggestions on the process. There is no time limit as to the year of death and Survivors are welcome to attend to speak or just observe.

## **Thursday, February 16: Water Aerobics**

**Time: 10 a.m. – 11 a.m.; RSVP by Friday, February 10, 2012**

**Cost: Free**

**Location: Gardner Indoor Pool**

Get ready to reduce body fat, burn calories, tone, strengthen and build lean muscles while enjoying the fun of water aerobics. No worries if you have not purchased a swim suit for awhile, there are simple alternatives that you can wear, such as lightweight shorts and t-shirt. So come and enjoy the water in the winter and exercise at your own pace at Gardner Indoor Pool. Classes are given by licensed instructors. If you are interested and would like to be a part of the SOS water aerobics team, please RSVP by emailing [sos@fortcampbellmwr.com](mailto:sos@fortcampbellmwr.com) or call (270) 798-0272/0277 or (270) 412-7251 no later than Friday, February 10, 2012. Please provide your name, phone number, and number of guests who will be attending.

## **Tuesday, February 21 & 28 : Strength and Flexibility Training**

**Time: 10 a.m. – 11 a.m.; RSVP by Friday, February 17, 2012**

**Cost: Free**

**Location: Freedom Fighters Fitness Center, 7037 Toccoa**

Are you ready for a full body make over? You can strengthen, sculpt, tone and stretch every single muscle in 60 minutes or less. Come join the SOS team at Freedom Fighters Fitness Center for 1 hour of Strength and Flexibility Training. Feel good and have fun with inspiring workout music and Sharon's verbal instructions. Strength and fitness training is given by Sharon Shaw licensed physical fitness trainer. If you are interested and would like to exercise, tone and increase flexibility with the SOS team, please RSVP by emailing [sos@fortcampbellmwr.com](mailto:sos@fortcampbellmwr.com) or call (270) 798-0272/0277 or (270) 412-7251 no later than Friday, February 17, 2012. Please provide your name, phone number, and number of guest who will be attending.

**Friendly reminder: All ACS programs will be closed on Monday, February 20 in observance of George Washington's Birthday. In case of emergency, please call the SOS government cell phone at (270) 484-4457.**