



*Wishing You and Yours a
Happy and Safe Holiday!*

Teammates,

We hope that you will take the opportunity to relax and enjoy some well-deserved time off with your friends and family during Holiday Block Leave. Please remember that while the holiday season is generally a time for fun and celebration, it can be a very stressful and possibly hazardous season as well. So take care of yourself and your loved ones.

Maintain a healthy diet, exercise on a regular basis, and be sure to get plenty of sleep. Keep in touch with your battle buddies, friends, and family. Stay aware of signs of depression in yourself and others and reach out to someone if you need help. At events, be watchful and intervene if a friend is drinking too much or left alone in a risky situation. Keep in mind that speeding, alcohol, and failure to wear seat belts are the greatest contributing factors to holiday leave fatalities. Privately owned weapons and alcohol are another deadly mix. All fatal weapon mishaps reported Army-wide the past five holiday seasons involved alcohol. If you are traveling to a cold climate, be sure to winterize your car and take the time to plan ahead and assess hazards.

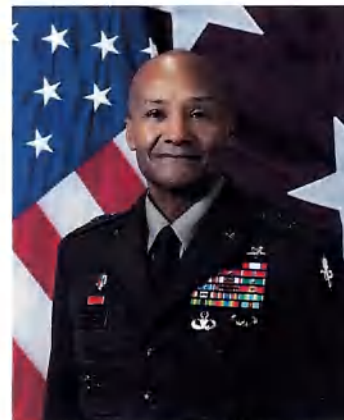
Leaders, talk to your Soldiers and Civilian employees about their plans for the holidays. Stress the importance of safe and responsible behavior, both on and off duty. A safe, mishap-free holiday begins well before Soldiers begin their travels.

We can't thank you enough for your hard work and dedication to the MEDCoE and the Army. Enjoy yourselves, get some rest, reflect on your blessings, and come back to us safe and refreshed. We wish you and your Family a safe and happy holiday season.

Army Medicine Starts Here!



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