



British Forces Germany Health Service

Headquarters, British Forces Germany Health Service
Bldg 1, 3 & 5 Stephens Way
Rhine Military Complex
BFPO 40

Military network: 94872 4230
Telephone: +49 (0)2161 472 4230
DII: BFGHealthsvcs-HQ-JHQ-SO3 Comms
E-Mail: Christine.moses245@mod.uk



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LOOK AFTER YOURSELF FOR A LONGER, HEALTHIER LIFE

RRU Gütersloh is running a programme designed to enhance the overall health and wellbeing of Gütersloh community. Entitled the 'Life Extension Programme' (LEP) the course is for Garrison military members, rehabilitation patients and civilian employees who wish to make lifestyle changes in order to live a longer and healthier life.

On registration, participants will first be asked to set their individual goals and to select the type of programme they want to be active in such as weight lifting, walking, running, and swimming or other cardio-vascular activity. Participants will then be asked to commit to attend the weigh-in sessions and information workshops held the first Thursday of each month.

Weigh-in will take place on the first Thursday of every month between 11.45 to 12.15 hrs and motivational workshops designed to keep participants focused on their chosen goals from 12.15 to 12.45.

For more information, please contact WO2 (QMSI) A J Byles APTC via military email:

BFGHealthSvcs-GUT-RRU-QMSI@mod.uk