



Who may attend A&FRC, wellness and fitness programs?

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2/1/2012 - **HANSCOM AIR FORCE BASE, Mass.** -- Military personnel and Department of Defense civilians are encouraged to attend workshops and seminars designed to reduce stress, enhance productivity and improve overall quality of life through relevant and timely information and skills.

Several base agencies, including the Airman and Family Readiness Center, offer an ongoing slate of timely and relevant topics. Many seminars occur during lunchtime; several include lunch, while others welcome brown bagging.

Civilian participation

In order to clarify participation and attendance in personal and work/life seminars, wellness or fitness programs, supervisors and employees should reference the appropriate Collective Bargaining Agreement (CBA) and negotiated Memorandum of Agreement (MOA) for details. Employees who are not in a position covered by a CBA or MOA should reference the Civilian Fitness and Wellness Initiative Guidance.

The following pertinent agreements and guidance can be found on the ESC CenterNet under the Quick Links tab: NAGE Contract, NFFE Contract, NFFE Civilian Fitness/Wellness MOA and Civilian Wellness Program.

Individuals should contact their first level supervisor if they are interested in participating in wellness activities. Supervisors not familiar with the agreements and guidance listed above as they pertain to the Civilian Fitness and Wellness Program should contact the Civilian Employee/Labor Relations Branch at 781-225-1401.

Military participation

Supervisors are encouraged to allow military newcomers to attend new arrival seminars, such as the T and City Orientation and Family Welcome, as part of their official base community orientation.

Contact the Airman and Family Readiness Center at 781-225-2675 for further information on their many offerings.