

Army Ten-Miler Runner's Clinic

Saturday, October 12th at 1:00 pm

Army Public Health Center Expo Booth

Learn techniques for preparing for the Army Ten-Miler, completing the run and preparing for your next run!

Topics for the Panel Include:

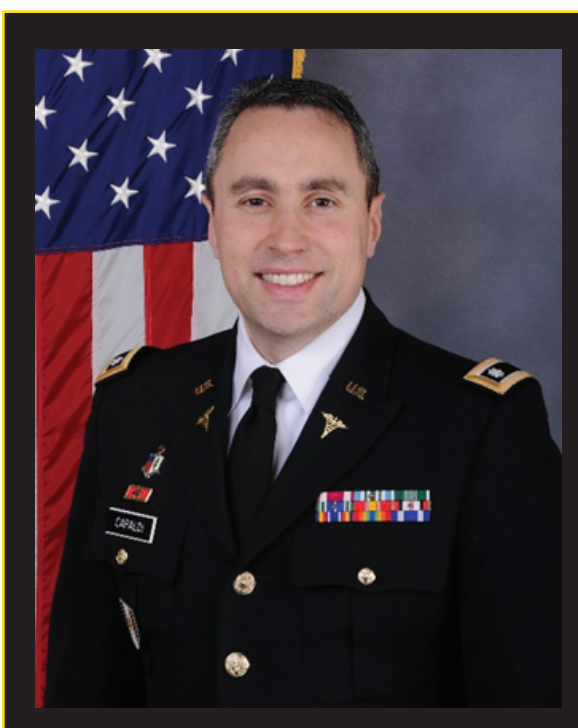
- ▶ Heat Injury Preventions
- ▶ Army Wellness Center Services and the K5 - Enhancing Soldier Performance
- ▶ Sleep and Performance
- ▶ Performance Nutrition
- ▶ Healthy Army Communities, Making Healthier Choices Easy



COL John Balser is the command Surgeon for the Joint Force Headquarters, National Capitol Region. He has been a physician assistant for 30 years and is the current Chief of the Medical Specialist Corps. His broad experience spans clinical medicine and sports related activities. This will be the third Army Ten-Miler that he is in charge of the medical support.



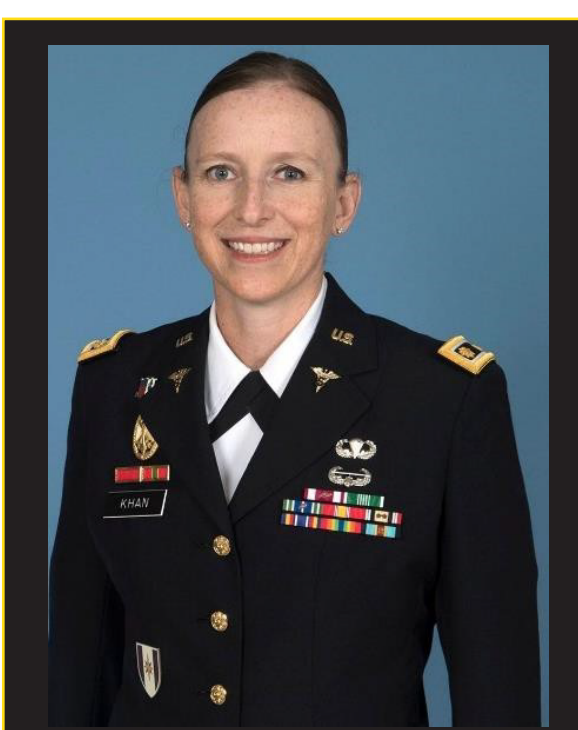
COL (Ret) Joanna Reagan, MS, MHA, MSS, RDN spent 30 years as an Army Dietitian. She now supports Army Public Health Center with nutrition related initiatives across the Department of Defense. This will be her third year to run the Army Ten-Miler.



LTC Vince Capaldi is the Sleep Medicine Consultant to the US Army Surgeon General. He is a physician specializing in internal medicine, psychiatry, and sleep medicine. He leads the Sleep Research Center at Walter Reed Army Institute of Research, the world's largest military sleep research center.



Tessa Brophy is the Director at Fort Leavenworth, KS Army Wellness Center. Tessa has a background in Exercise Science, is a Certified Exercise Physiologist through the American College of Sports Medicine, and has been working with the Army Wellness Centers for 5 years. She has always enjoyed being active or competing in sports and will be running in her third Army Ten-Miler this year.



MAJ Joetta M. Khan, Ph.D., MPH, RD, LD is the Chief, Education and Research for the Nutrition Services Department at the Walter Reed National Military Medical Center, Bethesda, MD. She serves as an Assistant Professor for the Baylor-Army Graduate Program of Nutrition and leads the Walter Reed Phase 2 site.



Laura Mitvalsky is the Director, Health Promotion and Wellness Directorate, Army Public Health Center (APHC). She has worked for the Army for the past 20 years implementing health and wellness initiatives across the enterprise. She is a key partner of the IMCOM led Healthy Army Communities Initiative. Healthy Army Communities aims to provide healthier food options at multiple locations, easier access to fitness and reduced exposure to tobacco use so that Army garrisons become healthier places to live, learn, eat, work, play, shop and sleep.