



YOU FALL. WE CATCH.



Injury and Violence Free Living for Wounded, Ill, and Injured Sailors and Marines

Injuries, both on- and off-duty, can threaten the health and readiness of Sailors and Marines. If you are wounded, ill, or injured, a new or aggravated existing injury could derail your recovery, prolong your return to optimal health, and increase your physical and psychological stress. Many of these new or aggravated injuries can be prevented. That's where we come in. The Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness Department offers you practical tools, educational resources, and evidence-based injury prevention strategies that help keep wounded, ill, and injured Sailors and Marines on the path to recovery and optimal health.

For more information on your local resources, contact:

To learn how our resources and tools can facilitate recovery and strengthen resilience, visit us at WWW.MED.NAVY.MIL/SITES/NMCPHC/WOUNDED-ILL-AND-INJURED/PAGES/HEALTH-PROMOTION.ASPX.

NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

