



# YOU FALL. WE CATCH.



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

Every day, injuries put service members on the sidelines. 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 Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center 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.

To learn how our programs can facilitate recovery and strengthen resilience, visit us at

[HTTP://WWW.MED.NAVY.MIL/SITES/NMCPBC/WOUNDED-ILL-AND-INJURED/PAGES/HEALTH-PROMOTION.ASPX](http://www.med.navy.mil/sites/nmcpbc/wounded-ill-and-injured/pages/health-promotion.aspx).

For more information on your local resources, contact:

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

