



# YOU FALL. WE CATCH.



## Injury and Violence Free Living

Injuries, both on-duty and off-duty, can threaten the health and readiness of Sailors. Every day, injuries put service members on the sidelines, derailing their productivity and threatening their fitness for duty. Exposure to violence does, too—whether it results in physical injury or psychological trauma. The thing is: many injuries are preventable. 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 prevention strategies that help keep Sailors performing at their peak—on and off the job.

To learn how our resources and tools can help keep you fit for service and improve your overall health, visit us at [WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION](http://WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION).

For more information on your local resources, contact:

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

