



USAG-S August Takeaway Packet

☆☆☆ STUTTGART - WHERE MISSION MEETS HOME ☆☆☆

Take Away Packet Table of Contents☆☆☆



USAG Stuttgart Take Away Packet - August

Take Away Packet Table of Contents

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- **DHR** - ASAP Resiliency Newsletter, Upcoming ASAP Training Events, Hiring Our Heros
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- **EDiS** - Service Information

- **Special Topic: DoWEA / CYS** - (see read ahead)

- **DPTMS** - MS Teams Link - CLIF Take Away Packet / Read Ahead file Location
[https://dod.teams.microsoft.us//channel/19%3Adod%3A4dcd8e59a6e04e60b084ebe6376aeb22%40thread.skype/Ccommunity%20Leaders%20Information%20Forum%20\(CLIF\)%20v1?groupId=20444e64-a764-4d57-a99a-0eb6f93d1598&tenantId=fae6d70f-954b-4811-92b6-0530d6f84c43](https://dod.teams.microsoft.us//channel/19%3Adod%3A4dcd8e59a6e04e60b084ebe6376aeb22%40thread.skype/Ccommunity%20Leaders%20Information%20Forum%20(CLIF)%20v1?groupId=20444e64-a764-4d57-a99a-0eb6f93d1598&tenantId=fae6d70f-954b-4811-92b6-0530d6f84c43)

Have questions pertaining CLIF? Use the DPTMS Operations Group E-mail Box:

usarmy.stuttgart.id-europe.mbx.dptms-operation@army.mil





Garrison Public Affairs Office Dayna Rowden

Panzer Kaserne, Bldg. 2949, 3rd Floor

Comm: +49 (9641) 70-596-3104/1400

DSN: (314) 596-3104/1400

Email: usarmy.stuttgart.id-europe.list.pao@army.mil



My Army Post App (iOS)



My Army Post App (Android)



USAG Stuttgart Facebook



USAG Stuttgart Instagram



Stuttgart Citizen



FMWR Newsletter



Army Directive 2026-17

- Consolidates Official USAG-S Social Media Accounts
 - MWR, ACS, and other Army organizations have been directed to archive and deactivate their social media pages. **USAG Stuttgart will continue to operate its social media channels.**
 - Other communications channels - official websites, newsletters, and the My Army Post App (MAPA) - will continue to provide official information.
 - This Army Directive **does not affect joint activities**, like AFN, AFFES, DoWEA, DHA, DeCA, etc.
 - Garrison PAO, FMWR and ACS are coordinating to ensure the community receives timely, relevant information.

					
My Army Post App (iOS)	My Army Post App (Android)	USAG Stuttgart Facebook	USAG Stuttgart Instagram	Stuttgart Citizen	FMWR Newsletter

POC: Michael Roach, USAG Stuttgart Public Affairs **DSN:** (324)596-3105, **Email:** Michael.c.roach7.civ@army.mil



Interactive Customer Evaluation (ICE)

- We want your feedback on Garrison services - use ICE!
 - *Happy with the service you received? We want to hear from you.*
 - Your feedback helps us to recognize those garrison and mission partner professionals who are giving their all to support the Stuttgart community and reinforces what we are doing well.
 - *Have an improvement suggestion? We want to hear from you.*
- Your input helps us to improve, solve problems, and focus on areas that would have otherwise gone unnoticed.
 - *You Have a Voice!*
 - <https://ice.disa.mil>



CLIF Survey via ICE

-



We would appreciate your feedback specifically on the CLIF via ICE

- Your input is important to the future of the Quarterly CLIF events, and we have created a specific ICE survey on CLIFs.
- Just scan the below QR code to provide us your input to the CLIF.



AMIM-SGO

"SS26" RB Residents/Housing Info

Full-Scale Exercise "Stallion Shake"

12 SEPTEMBER 2026

Robinson Barracks

USAG Stuttgart conducts its mandatory annual full-scale emergency preparedness exercise "Stallion Shake 2026" on Saturday, 12 September 2026, primarily on Robinson Barracks.

Between ca. 09:00 and 13:00 significant numbers of Garrison and Host Nation emergency response units will arrive and operate at the installation.

You may experience delays entering or exiting the base, traffic limitations or blocking, noise exposure to alarm sirens or horns and running truck engines.

On the exercise day, please follow instructions by MP personnel, or find additional information on USAG Stuttgart social media channels.

POC: DPTMS-Protection / Emergency Management. USAGStuttgart_EM@army.mil

Karl J. Doersam: DSN 596-2112 / CIV +49(0)9641-70-596-2112;

Donald E. Allman: DSN 596-2038 / CIV +49(0)9641-70-596-2038





EXPLORE ANOTHER WAY

PRICE
\$150
Per Person

PLEASE BRING

- Ankle-High Boots or Sturdy Footwear
- Weather-appropriate outdoor clothing
- Sun protection
- Food and drinks

REQUIREMENTS

- Minimum age: 14 years
- Average physical fitness
- Under 18 require consent
- No maximum age limit

JULY 10
JULY 17
SEPTEMBER 18

PARAGLIDING TASTER COURSE

EXPERIENCE THE THRILL OF FREE FLIGHT AS YOU LEARN THE BASICS OF PARAGLIDING UNDER THE GUIDANCE OF CERTIFIED INSTRUCTORS. THIS INTRODUCTORY COURSE IS DESIGNED TO GIVE YOU A SAFE, EXCITING FIRST STEP INTO THE WORLD OF PARAGLIDING.

**5 HOURS OF
TRAINING & FLIGHT TIME**

All paragliding equipment is provided
Group Size 6-8 Participants

DEPARTURE:
KELLEY BARRACKS • 6:30 am

RETURN:
KELLEY BARRACKS • 3 PM

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POC: Jinna Lee, Suhyeon.lee3.naf@army.mil





Adrenaline & Adventure	Date	Price
 Climbing & Zipline Adventure	Sat, Jun. 13	\$75 (Adult), \$55 (Youth)
 Paragliding Taster Course	Jul. 10, Jul. 17, Sep. 18	\$150 per person
 Highline 179 Suspension Bridge + Ehrenberg Castle Ruins	Fri, Jul. 3	\$60 (Adult), \$30 (Child)
 Black Forest Treetop Walk	Sat, Aug. 14	\$50 (Adult), \$25 (Child)

Wildlife, Nature Walks, Unique Attractions	Date	Price
 Pfaffensee Wildlife Walk	Sun, Jul. 19	\$25 (Adult), \$20 (Youth)
 Partnach Gorge Hike	Fri, Jul. 24	\$65 per person
 Lake Königssee & Obersee Hike	Sat, Aug. 21	\$120 per person
 Alternative Bear and Wolf Park	Sat, Aug. 28	\$60 per person



A Portuguese Escape

Lisbon & Evora, Portugal

Oct. 29 – Nov. 2



Arrive in vibrant Lisbon and settle into the comfort of your hotel as your Portuguese adventure begins.

Discover the city's iconic sights and sweeping views before experiencing the soul of Portugal during a magical evening of Fado, complete with a traditional dinner and wine.

Journey to the historic town of Évora, where cobblestone streets and the stunning Évora Cathedral bring centuries of history to life.

Enjoy free time back in Lisbon to explore, shop, and soak in the city's charm at your own pace.

Depart with unforgettable memories of culture, cuisine, and timeless beauty.

Early Bird Registration

Now – July 14

\$1,560 pp Double Occupancy
\$1,799 pp Single Occupancy

Regular Registration

July 15 – September 15

\$1,760 pp Double Occupancy
\$1,999 pp Single Occupancy

\$250 *non-refundable deposit per person*.
Trip must be paid in full by September 15.
No refunds after September 15
unless canceled by MWR.



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**50%
MWR TOURS
YES, HALF PRICE!**

Why pay full price when
you can explore for
HALF the cost?



Join the Stuttgart Warrior Pride Challenge (SWPC)
and unlock an unbeatable **50% DISCOUNT**
on MWR day tours!

Hurry!
this is a limited offer
based on monthly
availability.

- ✓ E7 & below eligible
- ✓ Quick & easy sign-up through ASAP
- ✓ Incredible experiences for **HALF** the price

Stop by ASAP (Panzer Kaserne, Bldg. 2948, 2nd Floor)
to get your membership card, then bring it to MWR Tours
(Panzer Kaserne, Bldg. 2915, 3rd Floor) when booking
and **start saving BIG!**

Valid on day tours only. Excludes extended tours and tours with primary alcohol offerings, i.e. wine or beer tours.

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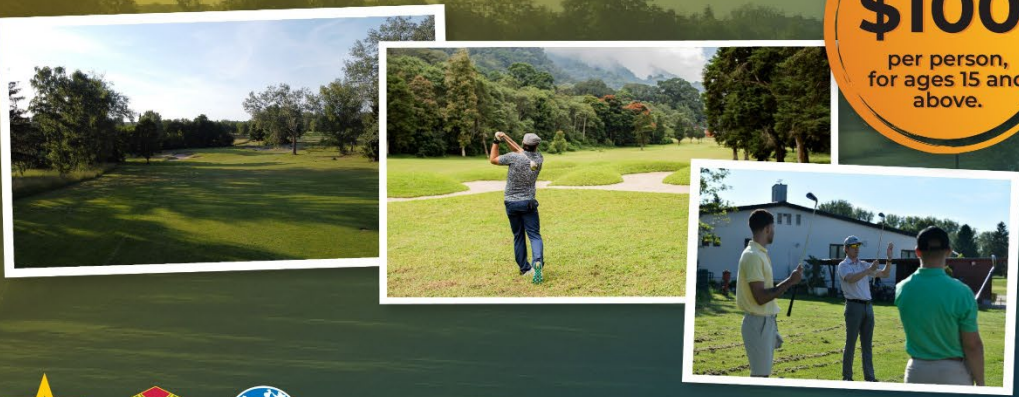


GET GOLF READY

GROUP GOLF LESSON PROGRAM

LEARN A SPORT THAT CAN BE
PLAYED FOR A LIFETIME!

PRICE:
\$100
per person,
for ages 15 and
above.



Dates / Time:

Session 1:	May 12-14	6 - 7:30 p.m.
Session 2:	Jun. 2-4	6 - 7:30 p.m.
Session 3:	Jun. 23-25	6 - 7:30 p.m.
Session 4:	Jul. 7-9	6 - 7:30 p.m.
Session 5:	Jul. 28-30	6 - 7:30 p.m.
Session 6:	Aug. 11-13	6 - 7:30 p.m.
Session 7:	Sep. 15-17	6 - 7:30 p.m.

Call the pro shop for details.

Program is intended to introduce adults to the game of golf in a fun and gratifying way while improving their skill level to facilitate play on the golf course. Meet new people, enjoy the outdoors and learn a sport that can be played for a lifetime!

Program consists of three 90-minute lessons, conducted by a Golf Professional over the course of 3 days. Class includes range balls, clubs, and professional instruction.

The golf instruction covers the full golf swing, short game, basic rules, course etiquette and how to use the golf facilities.

STUTT GART.ARM YMWR.COM





Child & Youth Services **RECRUITMENT FAIR** 10 a.m. - 1 p.m.



May 12 Patch Barracks, Bldg. 2312, 2nd Floor
Jul. 14 Panzer Kaserne, Bldg. 2915, 4th Floor
Sep. 8 Patch Barracks, Bldg. 2312, 2nd Floor

Apply now!



CHOOSE YOUR TRAIL. CHOOSE YOUR RIDE.



MAY 1 THROUGH SEP 30



Visit your local Outdoor Rec or
armymwr.com/ODROnTheMove
Open to all authorized patrons.

Eligible Participant with the Highest Mileage Wins a
3 Night stay in Seoul or Germany at an AFRC!



WEEKLY BOWLING SPECIALS



Lil' Rollers Roll n' Bowl

**Tue., Wed. & Fri.
11 a.m. - 2 p.m.**

- Ages 2-6
- One Game & Shoes \$7
- \$2.50 Additional Games

Strike N' Bite

**Tue., Wed. & Fri.
11 a.m. - 1 p.m.**

- Lace up for a Lunch Break
- One Game & Shoes \$6.50
 - \$2.50 Additional Games

Penny-A-Pin

**Thur.
ALL DAY**

- Every pin knocked down costs just a PENNY!
- \$4 Shoe Rental

Cosmic Bowling

**Fri. & Sat.
6 p.m. - Close**

Step into the electrifying
vibe, lights down, lasers up,
music pumping, pins glowing!

Cannot be combined with other offers

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NEON

Nights

Every Friday **7–10 p.m.**



Get a Strike with a neon pin and earn a **FREE bowling game coupon!**
Ask staff for details.



Cosmic Bowling Pricing:
\$5 per game



Shoe Rental:
\$4

Not available during special events

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OUTDOOR RECREATION

FLEA MARKET

\$30

one fest table
and space

SEPTEMBER 19

10 AM - 3 PM

Building 2990,
Panzer Fitness Center



9 AM **SET UP**

3:30 PM **BREAKDOWN**



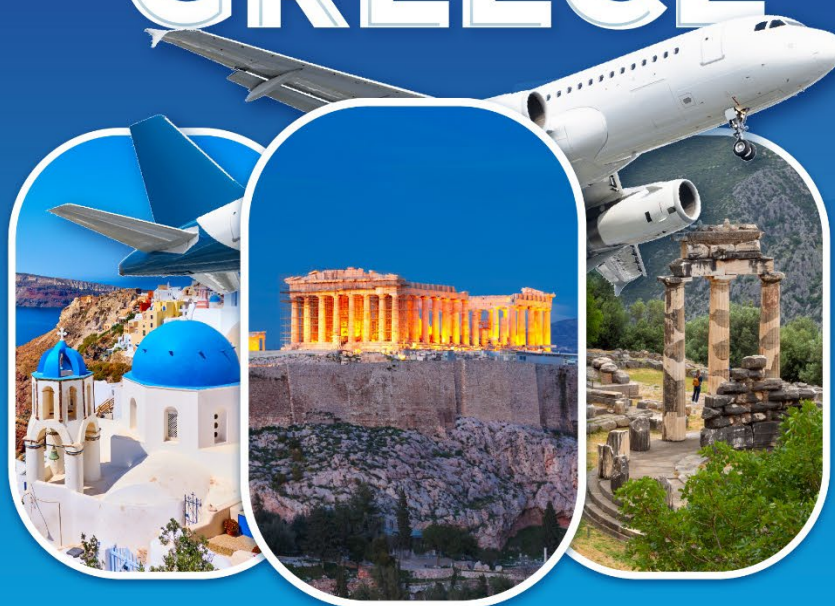
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— MYSTICAL —
GREECE



**Visit
our website
for more
information.**

Oct. 9 - 12



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Romania

Transylvania - Dracula's Castle



Oct. 29 - Nov. 2

Contact
MWR Tours
and sign up
today!



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New Year *in* ROME

Dec. 29 - Jan. 2

\$250 *non-refundable deposit per person*



Early Bird Registration
now - July 31

\$1979_{pp}
Double Occupancy

\$2329_{pp}
Single Occupancy



Regular Registration
August 1 - September 17

\$2179_{pp}
Double Occupancy

\$2529_{pp}
Single Occupancy



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PART-TIME PRESCHOOL & TODDLER PROGRAM

PROGRAM NOW OPERATES YEAR-ROUND!

Parent Central Services Building 2347 Patch Barracks

 **8 a.m. - 1 p.m.**

Part-time Preschool (3-5 years)

Part-time Toddler (2 years)

 **www.militarychildcare.com**

CLOSED ON FEDERAL HOLIDAYS, CYS TRAINING DAYS, AND WEEKENDS.



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Patch CYS Annex
Building 2347 Patch Barracks
DSN: 596-7480/7467/7483/7488
CIV: 09641-70-596-7480/7467/7483/7488





STUTTART FOOD TRUCK SCHEDULE AUGUST

PANZER PX		KELLEY BARRACKS -GYM-		J-MALL PATCH BARRACKS		ROBINSON BARRACKS	
WK1		WK1		WK1		WK1	
WK2	3-7 AMERICAN EATS BBQ 3-9 SPUDZ	WK2	3-7 AFRICAN FLAVOR ON WHEELS	WK2	3-7 DELICIO GREEK 2GO	WK2	3-7 AL CHILE
WK3	10-16 DELICIO GREEK 2GO AL CHILE	WK3	10-14 AMERICAN EATS BBQ	WK3	10-14 CHIEF'S AMERICAN TEX MEX	WK3	10-14 AFRICAN FLAVOR ON WHEELS
WK4	17-23 CHIEF'S AMERICAN TEX MEX AFRICAN FLAVOR ON WHEELS	WK4	17-20 HILLY BILLY	WK4	17-21 AMERICAN EATS BBQ THIOS INN GREEK GYROS	WK4	17-21 SPUDZ
WK5	24-30 SPUDZ THIOS INN GREEK GYROS	WK5	24-28 CHIEF'S AMERICAN TEX MEX	WK5	24-27 HILLY BILLY 24-28 AFRICAN FLAVOR ON WHEELS	WK5	

START A NEW BUSINESS OR FOODTRUCK		KELLEY BARRACKS -THEATER-		PATCH FITNESS CENTER	
 Contact us: yyEUEUCOMServices@aafes.com		WK1		WK1	
		WK2	3-7 THIOS INN GREEK GYROS	WK2	
		WK3	10-14 SPUDZ	WK3	10-14 THIOS INN GREEK GYROS
		WK4	17-21 DELICIO GREEK 2GO	WK4	17-21 AL CHILE
		WK5	24-28 AL CHILE	WK5	24-28 DELICIO GREEK 2GO

ARE YOU A VETERAN OR SERVICE-CONNECTED DISABLED VETERAN WITH A SMALL BUSINESS?	
The Exchange provides opportunities for veteran-owned businesses to stay connected to their military community.  "After I retired from the Army, the Exchange gave me the opportunity to work for myself." --MASTER SGT FRANK JOHNSON, USA, RET. CONTINUE TO SERVE BY JOINING THE EXCHANGE TEAM! SCAN HERE FOR MORE INFO or VISIT www.shopmyexchange.com	

FOOD TRUCK ROTATION IS SUBJECT TO CHANGE BASED ON SPECIAL EVENTS, UNIT REQUESTS AND HOLIDAYS.

OWN FOOD TRUCK AND WANT TO SERVE THE STUTTART COMMUNITY?
EMAIL: YYEUEUCOMSERVICES@AAFES.COM FOR MORE INFORMATION



Sensory-Friendly Shopping

We're providing a quieter, calmer shopping environment that is more inclusive & sensory-friendly.

Saturday

September 12

07:55-08:55 AM

DURING THIS TIME, OUR CUSTOMERS WILL EXPERIENCE:



Dimmed Lighting



No overhead music or announcements



Low beeping sounds at registers



Minimal associate interactions



For more information, please see an associate.





- Students in 1st to 12th grade are eligible
- Straight As students will be reward with a \$20 gift card
- B average will be reward with a \$10 gift card
- Also, students will receive a You Made The Grade Coupons Sheet





BASE PAY LESS THAN \$100,000?
You may qualify for free or reduced price school meals!

APPLY NOW TO RECEIVE BENEFITS!

1 Have the DoWEA Student ID Number of your Child(ren) ready.

2 Scan QR Code or apply using the link below.

linqconnect.com/public/meal-application/new



3 Enter "AAFES DoWEA" in the search field then click next.

4 Fill out the application (one per family) for Free and Reduced Meal benefits. Include all household members and all income as described in the Letter to Household.

- » Families must meet eligibility requirements to qualify.
- » AAFES DoWEA uses Alaska Income eligibility guidelines.
- » **Remember** to enter your email address as this is how you will receive eligibility notifications; notifications will be sent within 10 business days.

This Institution is an Equal Opportunity Provider.

MORE SCHOOL MEAL PROGRAM INFORMATION:
<https://www.aafes.com/about-exchange/school-lunch-program/>



#1102475





THINGS to know about the School Meal Program:

REGISTER EACH STUDENT WITH DOWEA (NEW STUDENTS)

- » Obtain 10-digit DoWEA student ID# for all children from the school registrar.
- » You may need it to complete some of the options below.

SUBMIT YOUR SCHOOL YEAR 2026/2027 ONLINE APPLICATION FOR FREE OR REDUCED MEALS

- » A new application is required for every school year.
- » Applications for school year 2026/2027 cannot be received before 1 July 2026.
 - » Any applications received before 1 July 2026 are not valid for school year 2026/2027.
- » Only one application is needed per household.
 - » Please include ALL family members (adults, students, non-students, infants & elderly) on one application.
 - » Report income from all family members.
- » Apply at linqconnect.com. See instructions below.

NOTE: UNIVERSAL PRE-K / SURE START

- » Students enrolled in Universal Pre-K (UPK or PK) will be charged the full daily meal price unless a sponsor applies for and qualifies for free or reduced meals.
- » Sure Start students will not be charged for lunches but should be included on meal applications as family members.

INSTRUCTIONS FOR COMPLETING ONLINE APPLICATION

1. Go to linqconnect.com and click on School Services, then Free and Reduced Meal Application.
 - » A LINQ Connect account is not required in order to complete a Free and Reduced Meal application.
2. Search for and click on AAFES DoWEA. This will take you to the Letter of Household. Please read and then click Next.
3. Enter the following information: Address, City, State, Zip Code, Phone Number and Email Address. An email address is required to be notified of eligibility status.
4. Click New Student. This will open a window to enter student information.
 - » Enter as much of the following information as possible including First/Middle/Last Name, Student ID, School, and Date of Birth. Click Save.
 - » If there are other students that attend this school district, please repeat the steps above to add them to the application, then click Next.
5. Enter the total number of people in your household, including students, non-students, adults, elderly & infants.
6. Click New Household Member. Enter First and Last Name and Income for this person then click Save. Repeat this step for each house member.
7. Please review the application to ensure all your information is correct before you submit. Once you have reviewed it, click Next.
8. When signing and submitting the application, you may select your ethnicity/race if you so choose. Enter your name in the Signed By section, then click I agree to the Terms of Use and enter the last 4 digits of your SSN.
9. Click Submit Application. You will receive an email confirming the application was submitted. Please save this email and the confirmation number as it may be necessary in locating your application in the event there is an issue with the submission.

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MORE SCHOOL MEAL PROGRAM INFORMATION:
<https://www.aafes.com/about-exchange/school-lunch-program/>





EXPLORE LINQ CONNECT

What is Linq Connect? LINQ Connect is the family portal provided as a service to families, parents and caregivers of students in all OCONUS AAFES DoWEA Schools. While many of the features are free, a convenience fee will be applied when using e-check or a credit card to add money to student meal accounts.

FREE SERVICES AVAILABLE IN LINQ CONNECT

- » Account registration and Mobile app
- » Real-time account balance updates
- » School menus with nutrition and allergen information
- » Recent student purchase details
- » Transferring funds between your students' accounts
- » Low balance alerts (email or in-app)

SET UP YOUR FAMILY ACCOUNT IN LINQ CONNECT

- » Register at linqconnect.com.
- » Click on the verification link sent to the email address provided in the step above.
- » Now you can log in at linqconnect.com using your email and password.
- » The final step is to link your students to your account. Click on the + sign then Link Student

ADDING MONEY TO STUDENT ACCOUNTS

- » Deposits to your student's meal account can be made at your local Exchange Customer Service Desk using cash, Military Star, checks, or debit/credit cards, with no additional fees.
- » Military Star card is now accepted through LinqConnect.com. Linq Connect's Fee Schedule will apply.
- » You may also make payments on-line; however, when making an on-line payment, LINQ Connect charges a convenience fee based on the amount of your payment. You may add multiple students in your household to a single transaction to avoid paying multiple fees.
- » Convenience fees are non-refundable and neither AAFES nor DoWEA receives any portion of the convenience fees.

LINQ CONNECT'S FEE SCHEDULE:

- » Credit card payments: 3.95% of transaction total with a minimum fee of \$2.85
- » For ACH payments (also known as E-check) directly from your bank account, a fee of \$0.99 will apply

ADDING ACCOUNT SPENDING AND PURCHASE LIMITS

NOTE: To set limits for your student, you must have an active Linq Connect account and have all students linked to your profile.

- » Upon log in, you will see your dashboard.
- » Navigate to the three lines (≡) in the top left corner.
- » In the menu, choose the Meal Account button.
- » You will see the list of accounts and other items.
- » Scroll to the bottom and locate "Purchase Limits". Note that these limits only apply to EXTRA ITEMS PURCHASED.
- » Click the "Add" button.
- » You can choose to add a purchase limit by dollar amount or number of items.
- » You can also add each limit by day or by meal.
- » Purchase dollar limit per day is unlimited from \$0.01 and up.
- » Purchase item limit per day is unlimited.
- » Purchase dollar and item limit per meal is unlimited and can be broken down by breakfast and lunch.
- » If you have further questions or your screens are not responding properly, please visit the LINQ Connect site and click on the "Contact us!" button in the bottom right corner for assistance with further troubleshooting.

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MORE SCHOOL MEAL PROGRAM INFORMATION:
<https://www.aafes.com/about-exchange/school-lunch-program/>





SCHOOL MEAL PROGRAM

FREQUENTLY ASKED QUESTIONS

HOW MUCH DO SCHOOL MEALS COST?

The lunch price for elementary (grades UPK-five) and secondary (grades six-12) students' meals will be \$3.75 and \$4, respectively. Breakfast for all grades will be \$2.25.

Per federal guidelines, students who qualify for free meals receive lunch and breakfast at no cost, and students who qualify for reduced meals will still pay \$0.40 per lunch and \$0.30 for breakfast.

IF MY STUDENT ALREADY HAD A SCHOOL MEAL ACCOUNT SET UP AND PLANS TO CONSUME SCHOOL MEALS IN THE NEW SCHOOL YEAR, WHAT STEPS DO I NEED TO TAKE?

If your student's DoWEA ID# has not changed, nothing more should be needed. Your student accounts, balances, and PIN numbers will carry over to the new school year. If you have set up an account at LinqConnect.com, you may wish to check your student's balance online, set up recurring payments, or view your student's account.

WHEN WILL I BE ABLE TO SEE MY STUDENT'S INFORMATION ON LING CONNECT?

LINQ Connect is available most of the year for Meal Applications and setting up family accounts. Please note that, over the summer, students will not show as "enrolled" in the DoWEA system until right before the school year begins; therefore, you will not be able to link students that are new, changing schools or that have otherwise never been linked.

WHEN I LOG IN TO LING CONNECT, I DO NOT SEE MY CHILD'S ACCOUNT?

If you haven't already done so, you will need to add your children to your LINQ Connect account. Click on the + sign then Link Student and complete information to link your child. You will need to complete this process for each child you wish to add. Please note: Over the summer, students may not show as "enrolled" in the DoWEA system until right before the school year begins; therefore, you will not be able to link students that are new, changing schools or that have otherwise never been linked.

WHAT IF I HAVE SEVERAL CHILDREN IN DIFFERENT SCHOOLS?

You can add as many children as you need, provided they attend a school utilizing AAFES LINQ School Solutions for their cafeteria account.

CAN I SET UP RECURRING OR "AUTO PAYMENTS"?

Yes. Choose "Meal Account" from the three lines (≡) in the top left corner. Choose your District (AAFES DoWEA). Choose the Auto Payment Type. Select to which student account you wish to allocate the Auto Payment. You will then enter the Payment Amount, Low Payment Amount, Start Date, End Date (or leave blank for continuous payments) and the Payment Method. Once you have reviewed your choices and confirmed they are correct, press "Save Auto Pay". You can cancel this Auto Payment at any time.

HOW CAN I CANCEL OR CHANGE MY AUTO PAYMENT?

You will access the Auto Payment as above, then can either change the information and Save or Delete the payment.

CAN I TRANSFER FUNDS FROM ONE CHILD'S ACCOUNT TO ANOTHER?

Yes. Choose "Meal Account" from the three lines icon in the top left corner. Scroll down and locate the "Transfer" dialog box. Here you will choose which students you would like to transfer balances between.

I AM PCSING SOON; HOW DO I REQUEST A REFUND FOR ANY REMAINING BALANCE IN MY STUDENT'S ACCOUNT?

We recommend you visit your local Exchange Customer Service before you PCS. If you are unable to visit Customer Service prior to your move and your student is no longer attending an AAFES school district, you may contact the SMP Headquarters via email at SMP CustSvc@aafes.com to request a refund.

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MORE SCHOOL MEAL PROGRAM INFORMATION:
<https://www.aafes.com/about-exchange/school-lunch-program/>





**AAFES School Meal Program is happy to announce
LINQ CONNECT NOW ACCEPTS THE MILITARY STAR CARD!**

NEW!:

- » Military Star Card Now Accepted in LinqConnect.com
- » Families can now use their Military Star Card to pay for student meals or add funds to meal accounts through the LINQ Connect Parent Portal.
- » A convenience fee applies to all transactions.
- » As with other credit or debit cards, a 3.95% fee per transaction (minimum \$2.85) will be charged.

KEY DETAILS:

- » Exclusive Benefit for Military Families
- » We've introduced this feature to provide greater convenience and flexibility for our military community.
- » Earn Rewards While You Pay
- » Military Star Card holders can earn points toward rewards every time they add funds or pay for student meals—helping you support your student's nutrition while enjoying added benefits.

WHY IT MATTERS:

- » Demonstrates our dedication to serving and supporting military families.
- » Simplifies meal payments while making the process more rewarding.
- » Improves accessibility through the convenient LINQ Connect platform.

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MORE SCHOOL MEAL PROGRAM INFORMATION:
<https://www.aafes.com/about-exchange/school-lunch-program/>





1-Jul-2026

Exchange

2026/2027 SMP PRICE GUIDE

****PLEASE NOTE: NOT ALL ITEMS ARE AVAILABLE AT ALL LOCATIONS****

MEALS	BREAKFAST	LUNCH
Students - Full Pay Secondary	\$2.25	\$4.00
Students - Full Pay Elementary	\$2.25	\$3.75
Students - Reduced	\$0.30	\$0.40
Students - Free	\$0.00	\$0.00
Non-students	\$4.50	\$7.75
Breakfast Plus	\$1.50	n/a
Lunch Plus	n/a	\$2.50

A LA CARTE	Price
Boiled Egg	\$1.00
Fruit or Veggie (1 cup) (not otherwise listed)	\$1.00
Frozen Fruit Cup	\$0.75
Croissant	\$1.00
Yogurt Cup & Honey Bunches of Oats Cereal	\$2.50
Honey Bunches of Oats Bowl	\$1.50
Muffin-All flavors 2 oz	\$2.00
Smoothie (7.6 oz) - All flavors	\$2.00
Jonny Pop Frozen Fruit Bar	\$1.50
Clif Z Bars - All flavors	\$2.00
Apple Strawberry Crunchables NEW	\$1.00
Honey Graham NEW	\$0.75
Cookie - WG Choc Chip	\$1.00
Cookie, Oatmeal Raisin - while supplies last	\$0.50
Cheese Crackers	\$1.00
Granola Cereal NEW	\$1.75
Popcorn	\$2.25
Chkn/Veg Dumpling-4 ea	\$1.50
Onion Rings - 5 ea	\$1.25
Breakfast Meat	\$1.25
Breakfast Grain (not otherwise listed)	\$1.00
Breakfast Plus (Breakfast Meat/Grain Combo)	\$1.50
Lunch Plus (extra entree)	\$2.25
Lunch Grain	\$1.00
Entrée of the Day	\$3.25

BEVERAGES	Price
100% Juice ~4 oz	\$1.00
100% Juice 8 oz	\$1.25
Envy Drinks-All flavors	\$2.00
Water 8 oz	\$0.50
Water 16-17 oz	\$1.00
Milk 8 oz All flavors	\$1.00



DeCA Stuttgart Commissaries



**Patch Commissary will held a
Back to School Sidewalk Sale
Date: 13 – 15 August 2026
Time: 10:00 – 18:00**

Patch Store Operating Hours:

Sunday	1000-1900
Monday	0800-2000
Tuesday	0800-2000
Wednesday	0800-2000
Thursday	0800-2000
Friday	0800-2000
Saturday	1000-1900

Panzer Store Operating Hours:

Sunday	Closed
Monday	0930-1900
Tuesday	0930-1900
Wednesday	0930-1900
Thursday	0930-1900
Friday	0930-1900
Saturday	Closed

Kelley Store Operating Hours:

Sunday	1000 - 1700
Monday	0830 - 1900
Tuesday	0830 - 1900
Wednesday	0830 - 1900
Thursday	0830 - 1900
Friday	0830 - 1900
Saturday	CLOSED

Robinson Store Operating Hours:

Sunday	0900 - 1900
Monday	CLOSED
Tuesday	0900 - 1900
Wednesday	0900 - 1900
Thursday	1000 - 1800
Friday	0900 - 1900
Saturday	0900 - 1900

Reginal Flowers, Commissary Officer - DSN: 592-8008 reginal.flowers@deca.mil





BASIC LIFE SUPPORT INSTRUCTOR COURSE

Ready to take your BLS skills to the next level? ❤️
 Becoming a BLS Instructor is a great way to strengthen your leadership
 and teaching skills, expand your professional qualifications, and help more
 people in our community learn lifesaving skills.

Join us for a two-day BLS Instructor Course:

 **August 6-7**

 **0900-1600 each day**

 **Building 2915, 2nd Floor — MWR Conference Room**

This is a Blended Learning course, so the online portion must be completed
 before attending the in-person sessions. Participants must also hold a
 current BLS certification to qualify.

For course requirements, registration, and availability, contact our Training
 Services Instructor Trainer, Steve Dunlap, at steve.dunlap@redcross.org.





FREE WELLNESS WORKSHOPS



Military life brings unique challenges for service members and their families. The American Red Cross Wellness Workshops provide practical tools to help build resilience, strengthen relationships, and support overall well-being.

Open to the USAG Stuttgart Community

Gather your unit, family, spouse group, workplace, or friends, and we'll schedule a session that works for your group.

Request a workshop by scanning the QR code.



Workshop Highlights

- Mindful Movement Session: Move, breathe, relax
- Coping with Deployments: Navigate deployments
- Reconnection Workshop: Strengthen relationships
- Child Reconnection Workshop: Help children adjust
- Mind-Body Workshop: Build resilience

Supporting military families one workshop at a time.

Questions? Contact us:
stuttgart@redcross.org





Class Schedule

Adult & Pediatric CPR/AED/1st Aid

- Tuesday, July 28; 0900-1200
- Thursday, August 13; 0900-1200
- Thursday, August 27; 1600-1900

Basic Life Support CPR*

- Saturday, August 1; 0900-1200

First Aid for Severe Trauma (FAST)

- Monday, August 10; 1630-1800

*BLS is CPR training for healthcare professionals.
A minimum enrollment of 3 people is required to hold
the class.*

*Classes are held in the Red Cross training room in
Building 2915, Room 007, on Panzer Kaserne.*

Blended Learning
Online
and
In-Person

**Register
for
Classes
here:**



[https://linktr.ee/American
RedCrossStuttgart](https://linktr.ee/AmericanRedCrossStuttgart)

Email:
**Stuttgart@
Redcross.org**

Phone: 09641-
70596-2812





OCONUS Emergency Travel Assistance Grant

Grant Program for Military Members

Aligning with the American Red Cross mission of helping military members prepare for, cope with, and respond to the challenges of military service, Service to the Armed Forces (SAF) is implementing the OCONUS Emergency Travel Assistance Grant.

This program will provide financial assistance to military members, including National Guard and Reserve, actively serving Foreign Outside the Continental United States (F-OCONUS) who are currently on or about to begin emergency leave.

All categories of emergency leave are eligible for this grant. Service members must provide a copy of their emergency leave orders. Eligible service members will be awarded a \$500 grant.

The OCONUS Emergency Travel Assistance Grant will be available for a limited time based on the availability of funds.

To apply, please contact the Hero Care Center at 1-877-272-7337.



**American
Red Cross**

Service to the Armed Forces

295201-14 5/23



PREPARE WITH PEDRO

FREE Emergency Preparedness Training for Your Students!

Prepare With Pedro

The Red Cross is offering FREE youth disaster preparedness presentations for elementary-aged students in your area! Students will receive a fun emergency preparedness item and an age-appropriate presentation to help teach them how to stay safe during a disaster.

The Prepare with Pedro presentation, for students in grades K-2 (ages 4-7), is a 30-45 minute classroom-based presentation that teaches students to:

- Identify the best ways to stay safe during emergencies that can occur in their communities.
- Identify the best ways to prevent and stay safe during a home fire.
- Use coping skills to help manage stress during emergencies and in everyday situations.
- Gain confidence in their abilities to be prepared for emergencies through hands-on activities.
- Use their knowledge to act as advocates for emergency preparedness in their homes and communities.
- Discuss the role science plays in emergency preparedness.

Schedule a FREE presentation today! Provide your students and their families with this life-saving emergency preparedness training from the Red Cross.

To learn more about the program in your area or to schedule a presentation, please contact:

American Red Cross Stuttgart
Stuttgart@RedCross.org
+49 09641-70596-2812

For more information, please visit redcross.org/youthprep.





VOLUNTEER WITH US

Looking to become a Red Cross volunteer? Join us for a New Volunteer Orientation, where you can learn more about our programs and discuss your volunteering interests and availability.

Upcoming New Volunteer Orientations:

- July 23 – 2:00 PM
- August 11 – 10:00 AM
- August 20 – 2:00 PM
- September 8 – 10:00 AM
- September 17 – 2:00 PM

No need to pre-register, just meet us on the 3rd floor of Panzer Building 2948!



American
Red Cross

International Services and
Service to the Armed Forces





STUTTGART JOURNAL CLUB

ABOUT US

The Stuttgart Journal Club is a welcoming space to discuss current professional literature, earn continuing education credits, and connect with licensed multidisciplinary health professionals in the Stuttgart community. The American Red Cross is jointly accredited by ACCME, ACPE, and ANCC to provide continuing education for the healthcare team.

WHY JOIN



Professional Discussion

Explore current professional literature in a supportive and collaborative setting.



Continuing Education

Eligible participants may earn up to 1.5 continuing education credits for participation.



Community Connection

Build a stronger network of nurses, dietitians, and other health professionals in Stuttgart.



Inclusive Learning Space

Open to nurses, dietitians, and other health professionals interested in shared learning and connection....



Flexible Attendance

Join in person at Panzer or connect virtually through American Red Cross Teams.



Monthly Meetings

Meetings are held on the **third Thursday of each month at 18:30.**

To register, you must be a Red Cross volunteer! Email stuttgarteredcross.org for further information



Scan the QR code for more information and join the Facebook group



American Red Cross Volunteer Room, Panzer Building 2948



SNJC@redcross.org





A flyer for 'Crafty Thursdays' at the American Red Cross Stuttgart Station. The flyer is designed to look like a piece of torn paper held together by orange tape. It features a red cross logo, the title 'CRAFTY THURSDAYS' in large red letters, and a pair of scissors and a paintbrush as illustrations. The text invites people to join for an afternoon of creativity and community.

 **American Red Cross** | Stuttgart Station

CRAFTY THURSDAYS

Create, connect, and make a difference, one craft at a time!

Join us for an afternoon of creativity, connection, and community. Craft alongside fellow volunteers, build friendships, and help create a welcoming Red Cross community.

Upcoming dates:

- August 27: Recognition Board Décor
- September 24: Trunk or Treat Crafts
- October 22: Thanksgiving Trinkets
- November 19: Christmas Crafting
- December 10: Baby Expo Holiday Crafts

Red Cross Office - Panzer Bldg 2948





SUN AND FUN

*** SPONSORED BY TKS ***

★ BBQ ★
★ LIVE DJ ★
★ GIVEAWAYS ★
★ GAMES ★
★ AND MORE ★

**SATURDAY
AUG. 15, 2026
11:00–3:00 PM**

Panzer Kaserne, Stuttgart

USO   **TKS** | A VODAFONE COMPANY



RED TEXT INDICATES EVENTS FOR WHICH REGISTRATION IS REQUIRED
PLEASE VISIT OUR WEBSITE AT USO.ORG/STUTTART FOR
REGISTRATION INFORMATION

AUGUST 2026

SUN	MON	TUE	WED	THU	FRI	SAT
2	3	4 SENSORY CIRCLE <i>STORY & CRAFT TIME</i>	5 <i>Spouse Connect</i>	6 Volunteer orientation 1730 <i>SUNSHINE STORYLINES PATCH</i>	7	8 MAGIC THE GATHERING
9	10	11 <i>MAISIE'S BIRTHDAY BASH</i>	12	13 <i>PEACHES, TEA & COBBLER JUBILEE KELLEY</i>	14	15 <i>SUN & FUN</i>
16	17 BACK TO SCHOOL	18 SENSORY CIRCLE <i>STORY & CRAFT TIME</i>	19 <i>MILSPOUSE WORKSHOP</i>	20 <i>RELAXATION YOGA</i> Volunteer orientation 1200	21	22 MAGIC THE GATHERING
23	24	25 <i>Once Upon a Tea</i>	26 <i>FRANKS FOR YOUR SERVICE KELLEY</i>	27 <i>TABLE TOP GAMING PATCH</i> <i>MAISIE'S DOG DAYS OF SUMMER</i>	28	29 DUNGEONS & DRAGONS
30	31					

BECOME A USO VOLUNTEER!

★★★★★

FOR THE PEOPLE WHO SERVE









ASAP
ARMY SUBSTANCE
ABUSE PROGRAM

USAG STUTTGART

RESILIENCY NEWSLETTER

August 2026



CONTACT: DSN 314 596 2530
PANZER KASERNE BLDG. 2948, 2ND FLR

Start Healing Yourself Now

If you're in your 40s or 50s, you're probably noticing signs of aging—such as a knee that aches climbing stairs, blood pressure creeping up, or more fatigue after mowing the lawn. This is when small issues left unchecked stop staying small. Chronicity accelerates. What you do now matters more than ever, since your habits may determine how many health conditions you're managing in your 70s and 80s—and some can limit your independence or shorten your life. You've had your fun with fast food, overindulgence, and convenience eating, and that's okay. But start eating foods that heal you now instead of foods that just satisfy. Add more vegetables, lean protein, and fiber. Move your body most days outside of work. Don't skip medical screenings or avoid doctors. A slight shift now may limit aging's signals, reduce their severity, and lower the number of serious issues you face later.



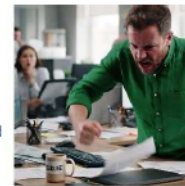
Stress Tips from the Field: Reducing "Mental Noise"

Mental noise is the constant low-grade clutter of deadlines to remember, unfinished conversations, worries, and half-done-to-dos. It's also called "cognitive load," and it adds up, quietly draining energy on a normal day. When cognitive load stays high, your brain has fewer mental resources available for problem-solving, creativity, memory, concentration, and emotional self-control, making everyday tasks feel more difficult than they really are. To quiet it, try a brain dump: Get every task and worry out of your head and onto paper, where it stops demanding attention. Challenge yourself to limit how many things you try to mentally track and juggle. Build short mental reset pauses into your day—set a timer to help make it happen, even for just a minute or two. Notice the relief.



Disproportionate Anger at Work

Employees sometimes express anger at work, though most of it is short-lived, understandable, and managed quickly—a bad meeting, a sudden deadline change, a missed opportunity. But there's another kind of anger worth paying attention to, because it signals the potential for violence. The key difference is proportionality: when the size, intensity, or duration of a reaction does not match what caused it. That's the difference between ordinary anger and "concerning anger." You'll recognize concerning anger when you sense something colder, more personal, or fixated beyond frustration. The bottom line: Trust your gut. Don't dismiss that flicker of unease because you assume it's drama or don't want to overreact. Instead, talk to your supervisor, human resources, security, or other leadership staff.



What Counseling Is Really Like

Many people have never been to professional counseling, not because they aren't interested or don't need it, but because they're anxious about what it involves—usually due to a mental image shaped by television dramas. You don't have to dredge up your childhood, have a "big problem," or confront painful issues you aren't ready to discuss. And you won't be analyzed with a stream of psychological labels or diagnostic terms. Counseling usually feels more like a focused conversation. You do most of the talking, and the professional listens while helping you decide on goals and strategies for success. For many people, counseling feels like the most honest and productive conversation they've had in a long time, leaving them relieved, hopeful, motivated, and genuinely heard.



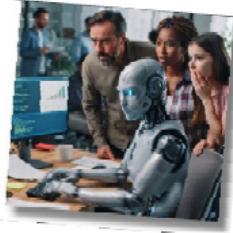
Information in Resiliency Newsletter is for general informational purposes only and is not intended to replace the counsel or advice of a qualified health or legal professional. For further help, questions, or referral to community resources for specific problems or personal concerns, contact a qualified professional. Add "http://" to source links to follow. Link titles are always case sensitive.



Managing AI Anxiety

Helping employees manage AI anxiety is a relatively new but growing topic of concern. While no single source has all the answers, there are strategies you can use to manage this change and how AI may be affecting you. First, nail down your specific fear rather than letting it stay vague.

"I'm worried AI will replace part of my role" can be examined; a general sense of dread can't. Naming a problem shifts attention toward solutions. Second, focus on what's in your control. You can't change AI, but you can research which job skills pair well with it—some may excite you, match your abilities, and offer real possibilities for your future. Third, instead of losing sleep over worst-case guesses, ask your manager directly how AI fits into your team's plans. Fourth, guard your health when anxiety feels overwhelming—leverage sleep, breaks, boundaries, diet, and physical wellness. If your health slips, managing anxiety becomes tougher. Fifth, if worry affects your sleep, mood, or focus, visit the EAP to process stress and consider solutions. Uncertainty is the hardest part, but you don't have to face it alone. The EAP can help you find answers and a path forward as we all navigate an uncertain future with AI.



National Wellness Month: Surprisingly Small Habits with Big Health Payoffs

Some health habits are small and easy to implement yet have huge payoffs. Create habits from any of the following and start improving your health tomorrow. 1) Take a 10-minute walk after meals to blunt blood sugar spikes and support heart health—research shows it beats a 30-minute walk taken later. 2) Sleep with regularity, not just duration. Consistent sleep and wake times are as important as getting enough hours and can improve mood, metabolism, and focus. 3) If you sit during the day, set a timer to stand and walk for 1–2 minutes every hour. It's not the standing but the movement that counts—enough to offset the negative effects of prolonged sitting. 4) Drink a glass of water before your morning coffee. Mild dehydration upon waking is normal but can stimulate hunger or fatigue; water hydrates while curbing appetite, potentially helping weight management. 5) Take a couple of minutes daily to jot down what's going well in your life. This isn't journaling—it's training mental reflexes, building an automatic habit of looking for the positive when adverse events occur. None of this requires much willpower or extra time. Contact your EAP for more tips on building healthier daily routines! Learn more at: glycemicsnap.com/blog/walking-after-meals-blood-sugar.



Women and ADHD

Attention deficit hyperactivity disorder (ADHD) is frequently associated with boys and men who have symptoms of restlessness, impulsivity, and difficulty sitting still. Those symptoms are common, but ADHD can look very different in women, making it easier to overlook. Differences in symptoms, combined with gender bias in diagnosis, leave many women undiagnosed. Their symptoms tend to be inattentive—difficulty concentrating, forgetfulness, disorganization, and trouble managing time. Without answers, many women blame themselves instead, assuming a personal flaw, character weakness, or lack of effort. Rarely do they consider that their struggles could stem from an underlying, treatable condition. If you've spent years feeling scattered, overwhelmed, or like you're working twice as hard just to keep up, don't assume it's simply who you are. Start with your EAP and a confidential assessment to find the medical expertise needed for a clear diagnosis and effective treatment. You can stop blaming yourself, end the confusion, and thrive in your career. Learn more at additudemag.com/adhd-in-women/.



School's in Session: Bullying Prevention

Don't wait for a bullying incident before teaching your child how to respond. Research shows some children say nothing about being bullied and simply tolerate it, sometimes with long-term consequences. Talk to your child ahead of time in age-appropriate terms about what bullying looks like, why it happens, and what to do if it happens. Some experts worry that discussing bullying too early creates anxiety, so pacing the conversation to match your child's age is wise. A gentle discussion is far better than the alternative: a child with no plan who blames themselves and stays silent. The goal isn't to alarm your child. It's to make sure they know, before they need it, that telling you is always okay. This same principle applies to teaching kids to speak up early about inappropriate behavior in dating relationships. Silence protects the problem, not the victim. Learn more at StopBullying.gov (search "children").





ASAP

ARMY SUBSTANCE ABUSE PROGRAM

UPCOMING ASAP EVENTS

EAP Training for Supervisors

Contact the EAPC 314-596-3234

Unit Deterrence Leader Training

August 18th – 20th

Prime for Life (ADAPT)

August 11th & 12th
(Minimum of 4 Participants)

ACE-SI Tier I Training or Engage Suicide Prevention Training (8 HR)

On Request
(Minimum of 4 Participants)

Grief Support Group @ 17:00 – 18:30 Patch – BLDG 2332 (Next to Thrift Store)

griefsupportusag-s@army.mil

August 25th

September 8th & 22nd

Registration Encouraged

For more information, please call DSN: 314-596 2530 or COMM: 09647 70 596 2530

Most Events located in Building 2948 on Panzer Kaserne.

*Dates and Locations are subject to change

Updated August 2026



Hiring Our Heroes
U.S. Chamber of Commerce Foundation

★★★ **U.S. ARMY GARRISON STUTTGART** ★★★

CAREER SUMMIT

RESOURCES | TRAINING | CONNECTIONS



 **Swabian Event Center**

Patch Barracks | Stuttgart Baden-Württemberg, Germany

OCTOBER 28

Transitioning service members, veterans, military spouses, and military caregivers are welcome.



Register now!

**TRANSITION
WORKSHOPS**

9 AM - 12:30 PM

**MILITARY SPOUSE
WORKSHOPS**

9 AM - 1 PM

**HIRING
FAIR**

1:30 - 4 PM

HiringOurHeroes.org/stuttgart

*The DoW and Service Branches do not endorse any company, sponsor, or their products or services.

★★★ **STUTTGART – WHERE MISSION MEETS HOME** ★★★





U.S. ARMY




TEAM STUTTGART

IMPORTANT UPDATE

FOR ARMY MOTORCYCLE RIDERS



BLUF: IAW USAREUR-AF memorandum (AECS-S, 22 JUL 2026), a critical FY26 budget shortfall has halted all Army-sponsored Motorcycle Safety Foundation (MSF) training. **Effective immediately, the requirement to present a current MSF Advanced RiderCourse (ARC) completion card for motorcycle registration is deferred for Army Service Members only. This temporary suspension expires on 1 December 2026.**

EXPIRES
1
DECEMBER
2026

KEY TAKEAWAYS



ARMY COMMANDERS (O-3 AND ABOVE)
are authorized to approve temporary ARC deferrals via Memorandum for Record (MFR) for Army Soldiers who meet the criteria in the attached MFR template.



NO WAIVER OF LICENSING
This action does not waive standard licensing requirements under AR 385-10 or AEA Reg 190-1. Soldiers must remain fully licensed and insured.



COMMANDERS MUST ENSURE DEFERRED RIDERS
actively participate in the unit's Motorcycle Mentorship Program (MMP) and strictly enforce 100% Personal Protective Equipment (PPE) compliance.

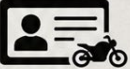
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REGISTRATION REQUIREMENTS FOR ARMY SOLDIERS

★

To register or re-register a motorcycle during this pause, Army Service Members must present the following to the Vehicle Registration Office and/or Drivers Training & Testing Station (DTTS):

1



A valid state-issued driver's license with a motorcycle endorsement (or host-nation equivalent).

2



Their most recent MSF card (e.g., Basic RiderCourse).

3



A Commander-signed MFR documenting the temporary ARC Training deferral.

QUESTIONS? For vehicle registration questions, contact the Vehicle Registration Office (VRO):

 VRO, Panzer Kaserne, Bldg. 2930

 <https://home.army.mil/stuttgart/my-garrison/all-services/vehicle-registration>

 DTTS, Panzer Kaserne, Building 2913, Room 301

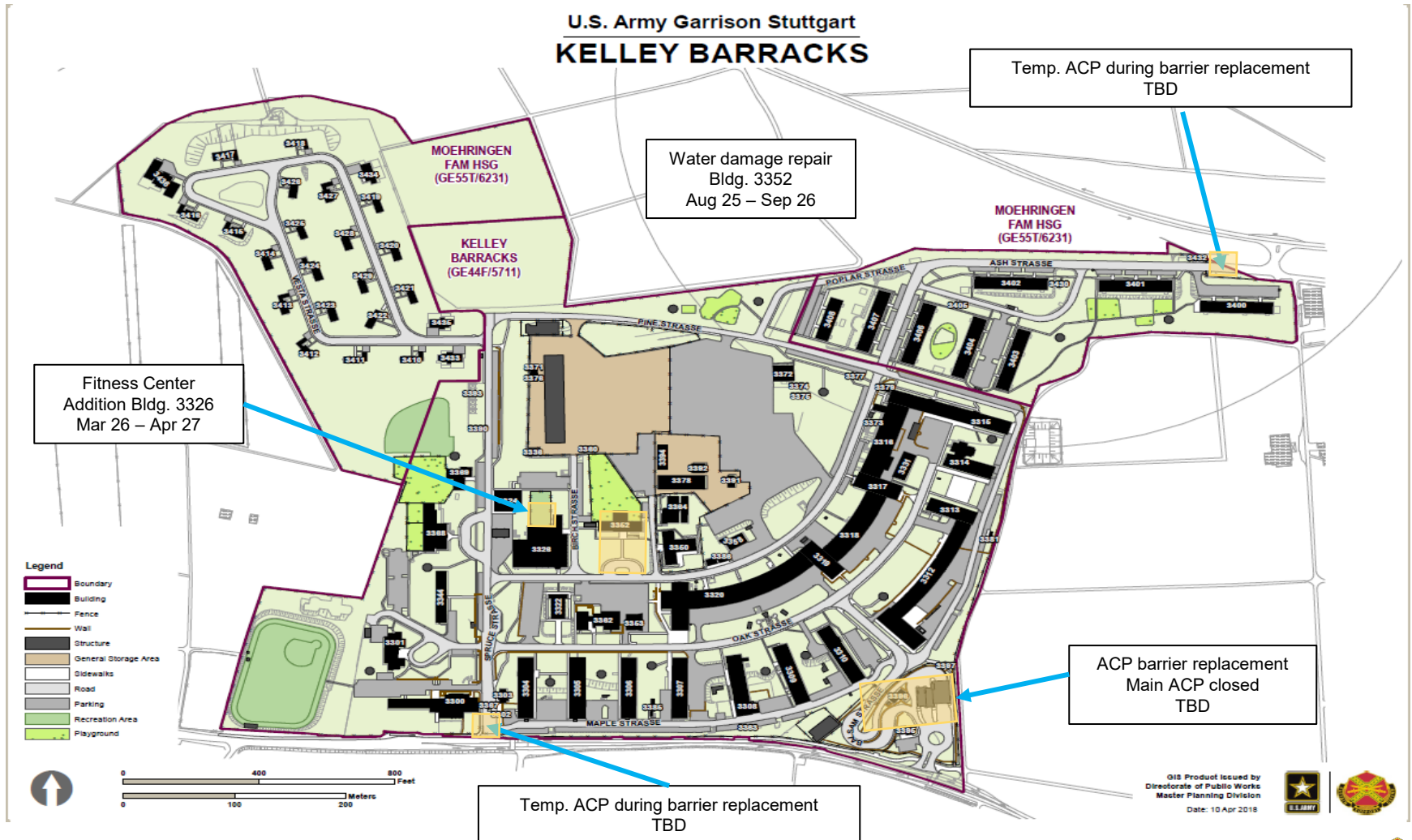
 <https://home.army.mil/stuttgart/my-garrison/all-services/drivers-testing>

For licensing questions, contact the Driver's Training and Testing Station (DTTS):

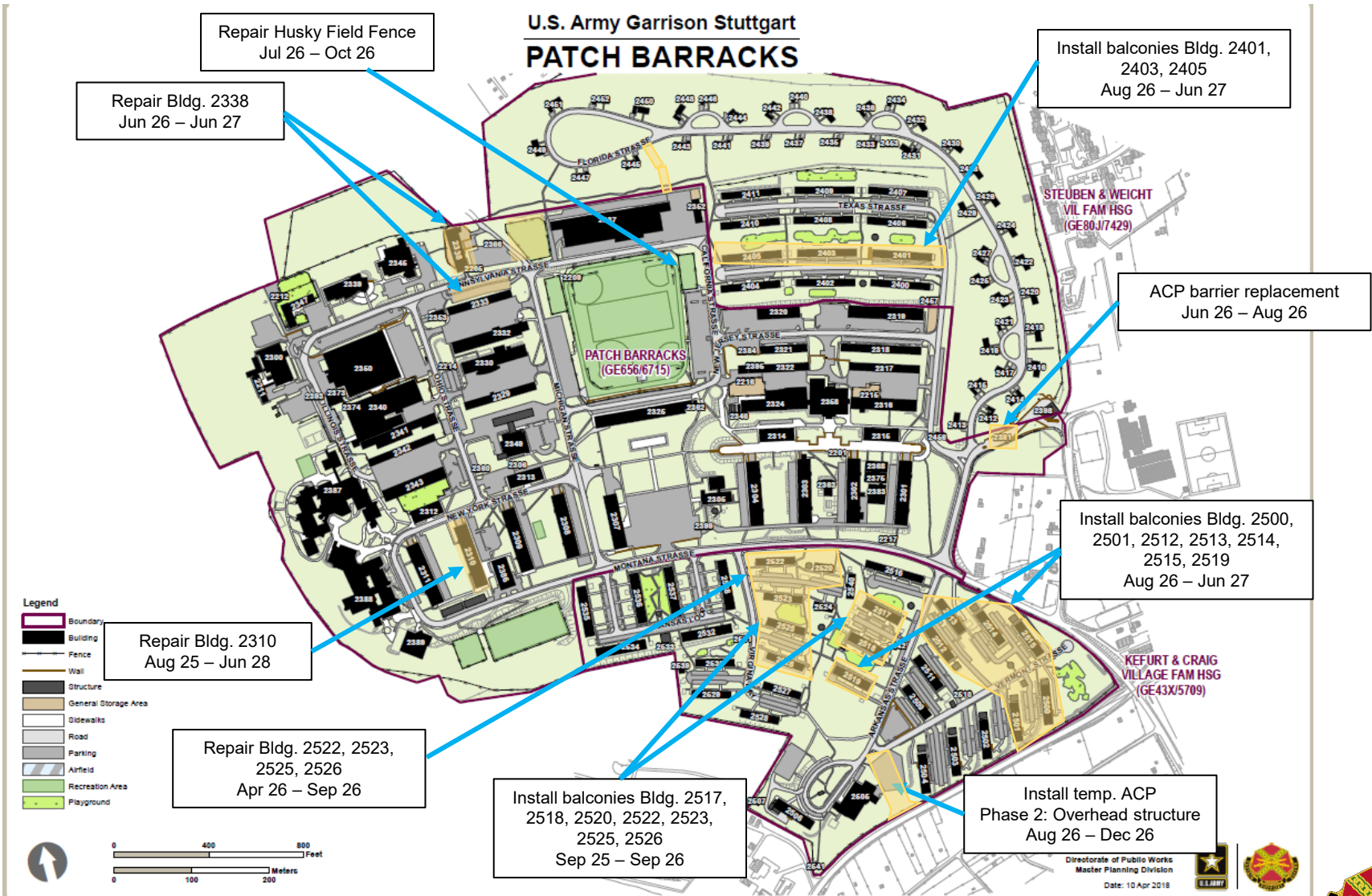
POC: Garrison Safety Office, DSN: 314-596-3832/3132/3133/3134



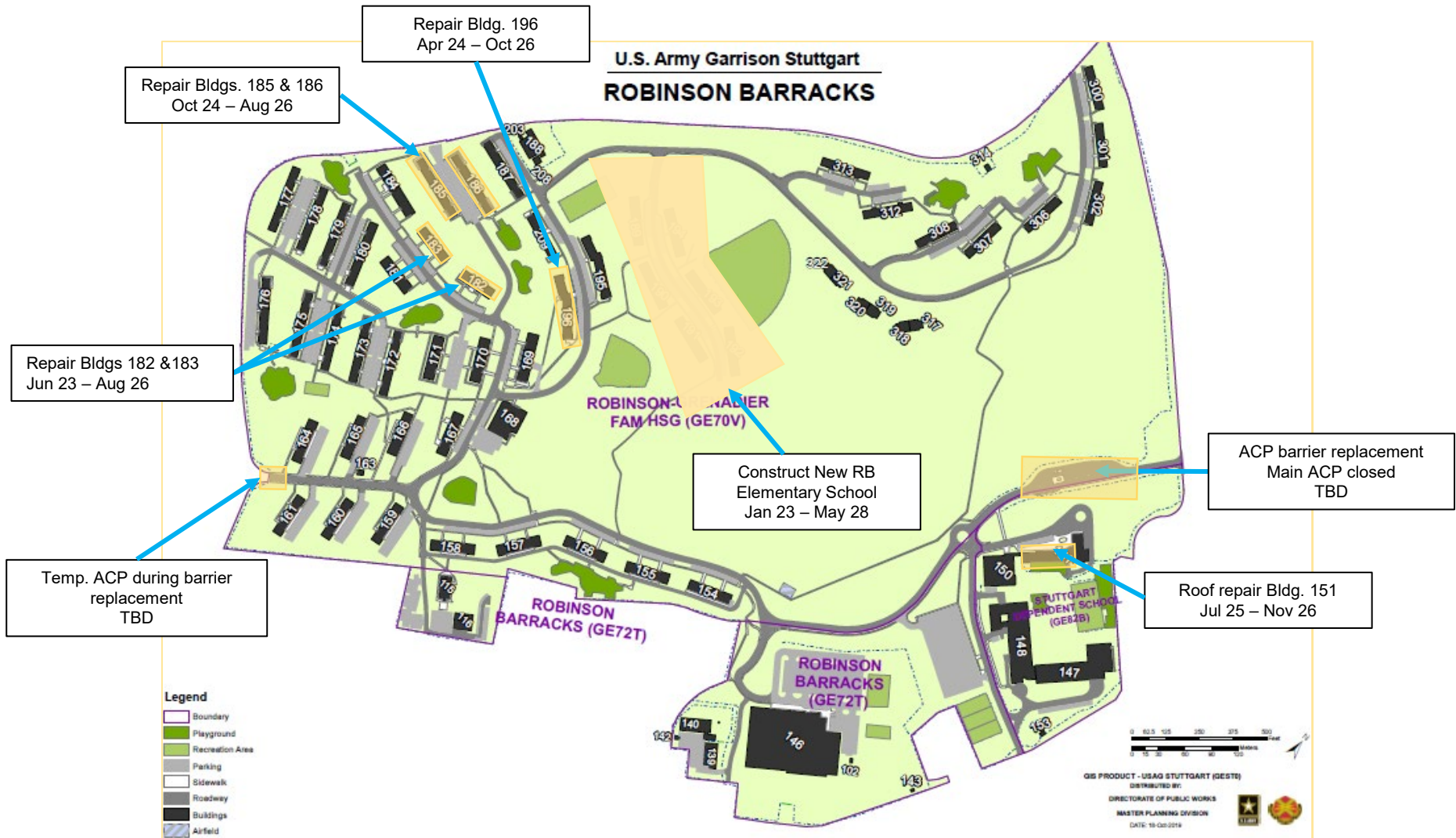
Kelley Barracks Construction & Parking Impacts – August 2026



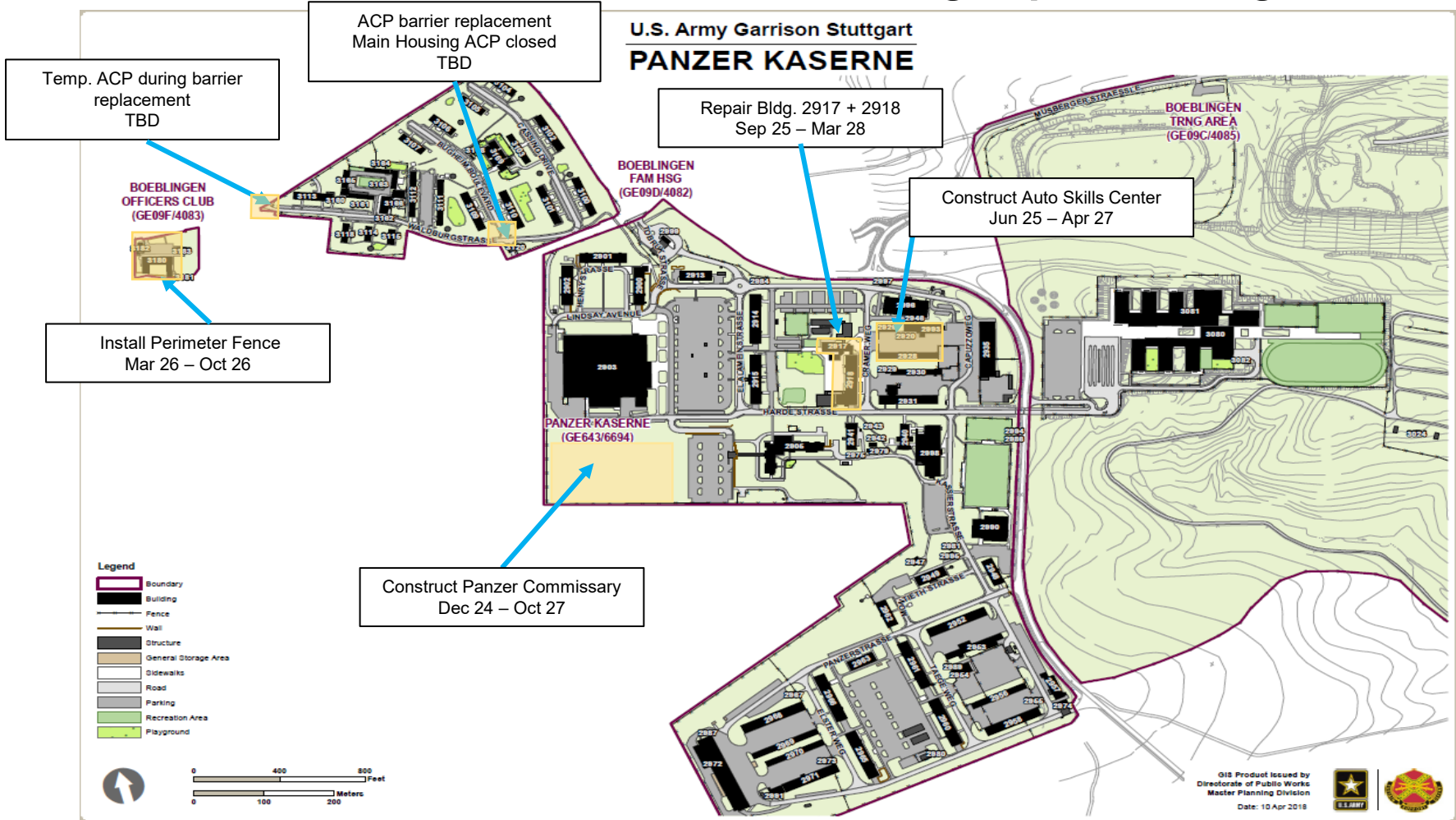
Patch Barracks Construction & Parking Impacts – August 2026



Robinson Barracks Construction & Parking Impacts – August 2026



Panzer Kaserne Construction & Parking Impacts – August 2026





Exceptional Family Member Program (EFMP)

ARMY ONLY

All ARMY SM who need to initiate an EFMP update, enrollment, PCS (travel case) or Command Sponsorship need to follow below steps:

- EFMP Travel Screening; register on <https://efmp.army.mil/EnterpriseEfmp/>
- If you have been identified as already ENROLLED in EFMP, please register on <https://efmp.army.mil/EnterpriseEfmp/>
- You will need to create a DS logon
- Ensure your MilConnect is updated

EMAIL: usarmy.bavaria.medcom-bhc.list.stg-efmp@health.mil





...

GROUP PHYSICAL THERAPY CLASS

Open to Active Duty Only

Classes begin first week of each month and progress for 4 weeks

- **LOW BACK CLASS:** WED 1PM - 2PM
- **STRENGTH & CONDITIONING/AFT PREP:** TUE & THURS: 8AM-9AM

JOIN NOW

Contact your PCM to inquire about eligibility
-OR-
Get screened by PT staff-call
DSN 314-590-1603 CIV 06371-9464-1603



ANAM TESTING

ANAM is a 40-50 minute computer based cognitive assessment. Tier 1 personnel need to test annually.

- ✓ Location: Patch Health Clinic, Bldg. 2300, Room 230 (Upstairs)
- ✓ 2nd & 4th Thursdays 1230-1600

More Information

- Email: STGANAMAPPTBOX@groups.health.mil
- <https://informatics-stage.health.mil/DAP/>



 AHC Stuttgart

PREGNANCY CONFIRMATION TESTING

Because Every Moment Matters



- Walk-In to Patch Clinic
- Mon-Fri 7:30am – 9:00am
- Check in 1st floor kiosk
- Select “Ask a Question”



US ARMY HEALTH CLINIC STUTTGART

TRAVEL SCREENING

For military and GS employees
going on Official Travel to
Africa, scan the QR code or
visit the link below



[HTTPS://MHS-EUROPE.TRICARE.MIL/CLINICS/STUTTGART-ARMY-HEALTH-CLINIC/PRIMARY-CARE-CLINIC](https://mhs-europe.tricare.mil/clinics/stuttgart-army-health-clinic/primary-care-clinic)



- **What is EDiS:** a community-based Early Intervention program providing family-centered services in natural environments for children ages zero to 36 months of age.
- **What services do they Provide:**
 - **Developmental Screenings** to determine if your child is meeting their developmental milestones.
 - **Developmental Evaluations** to determine if your child has delays in development and is eligible for early intervention services from EDiS.
 - **Individualized Family Service Plan** for eligible children to identify your goals and needs regarding your child's development.
 - **Early Intervention Services** to support you with reaching the goals you have for your child and family.
 - **Transition Assistance** to help you and your child move on to another program as they turn 3 or to help you access services at your next duty location.
- **Additional Services:** EDiS Occupational Therapists & Physical Therapist also support the DOWEA school system to provide **related services** to:
 1. Assist students of Special Education to achieve educational goals developed in their Individualized Educational Plan (IEP)
 2. Promote access to academic curriculum and participation in other school activities.
 3. Improve access to the school environment and address post-secondary transition goals.

For children over the age of 3, please contact your local school for additional information on special education services.



For additional information contact EDiS program at:

DSN: 314-590-1613 CIV: 06371-9464-1613

