



**Presidio of Monterey &
Defense Language Institute Foreign Language Center**
Public Affairs Office
(831) 242-5555

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Presidio hosts mental, physical fitness festival

NOTE TO EDITORS – The Presidio of Monterey will conduct a mental and physical fitness festival followed by a performance of the acclaimed Soldier Show for military community members with access to the installation here Sept. 4.

The fitness festival, part of the Army's Resiliency Campaign, will kick off at 9 a.m. with a wellness festival, followed at 1:30 p.m. with a military challenge and at 3:30 p.m. with the Broadway-style variety performance of the Soldier Show (www.armymwr.com/soldier-show.aspx).

The wellness education expo kicks off with a suicide awareness proclamation, a buddy pledge, a prayer for the fallen and a moment of silence.

Then, military, their families, and Presidio staff and faculty have the opportunity to visit wellness education vendors, including representatives from Army and Navy family services, social services and family-assistance organizations, police and fire department, local Red Cross and United Way, addiction treatment agencies, fitness and recreation organizations, victim-outreach agencies, animal rescue, the commissary and more.

Next, the military challenge offers different branches of the military to compete in physical-fitness contests against themselves as well as against each other.

The Soldier Show is an entertainment extravaganza performed by Soldiers who entertain military personnel and their families in communities around the world.

Media are invited to cover this event; however, parking will be in short supply and traffic is expected to be higher than normal. For media interested in covering the event, **call the Public Affairs office at 831-242-5555 before 3:30 p.m. Sept. 3** so appropriate arrangements may be made.

For news updates go to: www.twitter.com/POMGarrison

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