

Stuttgart Warrior Pride Challenge



**US Army Garrison Stuttgart
Panzer Kaserne
Building 2948, 2nd Floor
DSN: 431-2530 - CIV: 07031-15-2530**

**Opening Hours:
Monday– Friday
0730-1630
(closed 1200-1300)**



WHAT IS THE STUTTGART

WARRIOR PRIDE CHALLENGE?- The Stuttgart Warrior Pride Challenge (SWPC) provides adventurous and cultural alcohol-free options to promote healthy habits, foster wellness, and reduce risky behaviors.

SWPC MISSION- The Stuttgart Warrior Pride Challenge is an initiative to foster wellness, build social ties and reduce risky behaviors through alcohol-free fun events, adventurous trips, sports and cultural activities.

SWPC PURPOSE- The SWPC, founded in July 2011 is an essential component of a public health approach to prevention, since the activities support healthy behaviors and contribute to healthier social norms. The premise behind the campaign is that if you get individuals involved in more activities during high-risk drinking times (and at other times too), they are less likely to make poor decisions. Alcohol-free events are scheduled during late-night, typical high risk drinking times and early in the morning to deter "partying" the night before. Other events are scheduled with units to build morale, foster connectedness and improve overall well-being. SWPC offers trips, excursions and events FREE or at low-cost to all Service Members. Other events are free and open to the entire community.

SWPC PLEDGE- Anyone who signs up for the SWPC must take the pledge. This pledge simply states that they will remain sober during the entire SWPC event.

SIGN-UP IS EASY

1. Come into the USAG Stuttgart ASAP Office to sign your Warrior Pride Pledge and complete a quick survey.
2. Take your SWPC Pledge card to any participating event organization to sign up for any upcoming SWPC event.
3. Pay the deeply discounted price (up to 50-60% off at times) and enjoy a fun-filled, exciting getaway!
4. Get involved with the SWPC Advisory Council and help to shape the future of this program! For meeting dates, contact the Prevention Coordinator at 431-2743/2530.