



OFFICE OF THE UNDER SECRETARY OF DEFENSE

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WASHINGTON, DC 20301-4000

MAR 2 - 2010

PERSONNEL AND
READINESS

MEMORANDUM FOR SECRETARIES OF THE MILITARY DEPARTMENTS
CHAIRMAN OF THE JOINT CHIEFS OF STAFF
UNDER SECRETARIES OF DEFENSE
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DIRECTORS OF THE DEFENSE AGENCIES
DIRECTORS OF THE DOD FIELD ACTIVITIES

Subject: Department of Defense Employee Awareness Information Campaign

This is the second bulletin issued in support of the Department's Employee Wellness Awareness Campaign, as discussed in the Under Secretary of Defense for Personnel and Readiness Memorandum of January 11, 2010.

The marketing materials and campaign information for March are available for download at www.cpms.osd.mil. March's theme is "Nutrition." The materials developed in support of this theme provide a wealth of information on strategies for maintaining good health and preventing lifestyle related diseases through wise nutrition and physical activity choices.

I ask that you immediately download and disseminate to your workforce and your serviced Commands the campaign materials for March, and encourage you to supplement it, as needed, with initiatives specific to your Component. My point of contact for this matter is Ms. Pam Budda, the Department's Quality of Worklife Program Manager, who can be reached at Pamela.budda@cpms.osd.mil.

Marilee Fitzgerald

Acting Deputy Under Secretary
Civilian Personnel Policy



Attachments:
As stated