



PERSONNEL AND
READINESS

OFFICE OF THE UNDER SECRETARY OF DEFENSE
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WASHINGTON, DC 20301-4000

FEB - 3 2010

MEMORANDUM FOR SECRETARIES OF THE MILITARY DEPARTMENTS
CHAIRMAN OF THE JOINT CHIEFS OF STAFF
UNDER SECRETARIES OF DEFENSE
DEPUTY CHIEF MANAGEMENT OFFICER
COMMANDERS OF THE COMBATANT COMMANDS
ASSISTANT SECRETARIES OF DEFENSE
GENERAL COUNSEL OF THE DEPARTMENT OF
DEFENSE
DIRECTOR, OPERATIONAL TEST AND EVALUATION
DIRECTOR, COST ASSESSMENT AND PROGRAM
EVALUATION
INSPECTOR GENERAL OF THE DEPARTMENT OF
DEFENSE
ASSISTANTS TO THE SECRETARY OF DEFENSE
DIRECTOR, ADMINISTRATION AND MANAGEMENT
DIRECTOR, NET ASSESSMENT
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 February are available for download at www.cpms.osd.mil. February's theme is "Heart Health." The materials developed in support of this theme provide a wealth of information on strategies for maintaining a healthy heart and preventing heart disease 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 February, 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.

A handwritten signature in black ink, appearing to read "Marilee Fitzgerald", written in a cursive style.

Marilee Fitzgerald
Acting Deputy Under Secretary
Civilian Personnel Policy

Attachments:
As stated