

MEDICAL MUSEUM SCIENCE CAFÉ



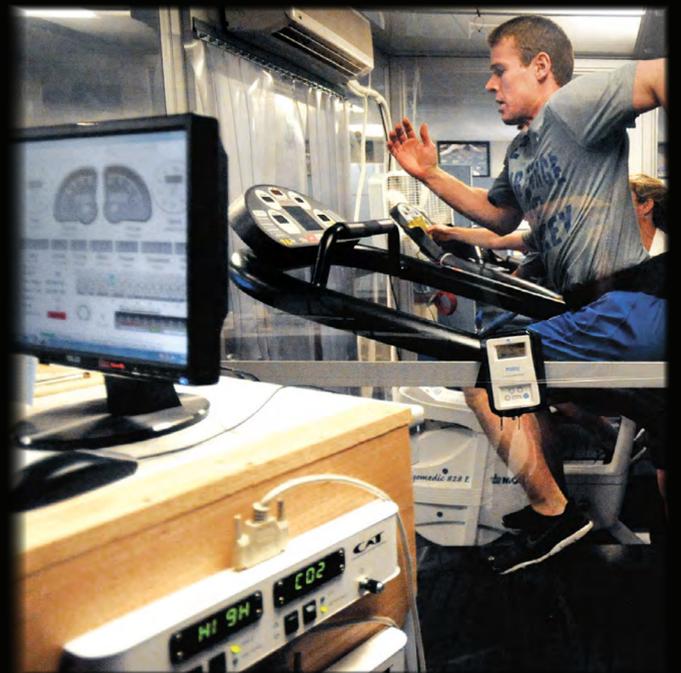
Marines with Combat Logistics Battalion 6, 2nd Marine Logistics Group push a Humvee during a physical training competition aboard Camp Lejeune, N.C., Sept. 27, 2012. The Marines completed other stations like casualty evacuations and setting up a landing zone. (U.S. Marine Corps photo/ Pfc. Franklin Mercado)

MENTAL SKILLS FOR ENERGY MANAGEMENT

Human Performance Optimization (HPO) integrates best practices from health disciplines, including sport/performance psychology, to ensure Warfighter readiness. Counselor, mental performance coach, and sport psychology education specialist, Dr. Tim Herzog of the Department of Defense's Human Performance Resource Center, will discuss a facet of performance psychology: mental skills training for Warfighters, with emphasis on means of maximizing and maintaining energy.

TUESDAY, NOVEMBER 18, 2014
6 – 7 PM

Silver Spring Civic Building - Fenton Room
1 Veterans Place, Silver Spring, Maryland 20910



Cadet 3rd Class Jacob Musselman, an Air Force hockey athlete, sprints on a treadmill in a hyperoxic tent for high-intensity training April 10, 2013. An increased level of oxygen is pumped into the tent at the Air Force Academy -- altitude 7,258 feet -- allowing athletes to train hard at sea-level conditions. (U.S. Air Force photo/Carol Lawrence)

HPRC

HUMAN PERFORMANCE RESOURCE CENTER



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