



# HEART LINK

*A Spouse Orientation Program  
Improving Retention and Readiness*

Dates for 2010:

7 Jan 10, 4 Mar 10,  
3 Jun 10, 2 Sep 10, 2 Dec 10  
8:00 am ~ 2:00 pm  
Call the Airman & Family Readiness  
Center to register!

*Imagine spending a day making new friends, learning about the Air Force, and walking away with a better understanding of how important you are to the team. That is the goal of Luke Air Force Base's Heart Link program.*

*The Heart Link Program is an exciting and fun-filled day with an opportunity to be personally briefed by the 56th Fighter Wing Commander and other key base organizations that directly impact you and your family.*

*Heart Link was created for "new" spouses; however, all spouses are welcome (and encouraged) to attend.*

*Childcare is provided free of charge (at a Family Childcare Provider).  
Breakfast and lunch will be served at no cost to you.  
Graduates will receive a \$25 grocery gift card at the end of the day!*

The day's activities include:

You and the Air Force, Where You Fit In  
Introduction to the Air Force Family  
Toolkit for Preparedness  
Communicating Within the Air Force  
Healthy Families  
The Vital Importance of the Air Force Family

**Call  
623-856-6550**