

## Money Saving Resources on Base

### **SLD 30/JA:**

SLD 30/JA provides a range of legal counseling and services to uniformed military members, retirees, and their eligible dependents. These are standard legal aid/services that eligible members can access at any military installation.

The service and approximate cost savings are below:

<b>Service/Activity</b>	<b>Savings</b>
Attorney Consultations	\$150-260
Wills	\$275-3,050
Notaries	\$20-25
Advanced Medical Directives	\$115-270
Client Correspondence	\$150
Powers of Attorney	\$75-300

### **Civilian Health Promotion Services:**

CHPS offers wellness screenings, body composition analysis scans, and Cardiac Risk Profile screenings. All these services are offered for federal civilians, are completely free and 100% confidential through the CHPS program. In addition, their website includes a free Les Mills membership. The website also includes free recipes and health education classes that are available at no charge for any CHPS participant.

The service and approximate cost savings are below:

<b>Service/Activity</b>	<b>Savings</b>
BCA scans, Inbody machine	\$75-100
Cardiac Risk Profile Screening	\$200-600
Cholesterol and Glucose test	\$150
Wellness Consulting	\$100-150
Les Mills membership	\$75/month

### **SLD 30 Guardian Resilience Team:**

The Guardian Resilience Team offers several services that would cost significant money off-base. The service and approximate cost-savings are below:

<b>Service/Activity</b>	<b>Savings</b>
Individualized Fitness Consults and Programming	\$50-200/month
Individual and Group Lifestyle Health and Behavior Consults/Interventions	\$100-150
Individual Fitness Assessments	\$45-70
Individual Physical Training Sessions	\$100-150
Individual Coaching and Technique Assessments	\$75/month
Group Physical Training Sessions	\$40-90/session
Group Holistic Health Education	
Leader Development Assessments	

### **Military & Family Readiness Center**

M&FRC Services are free for military and civilian members, below are estimated costs in the local area:

<b>Service/Activity</b>	<b>Savings</b>
Military & Family Life Counseling	\$125/hour
Personal Financial Counseling	\$100 – 400/hour
Employment services (assist w/resume, job search, cover letter, etc)	resume writers charge \$200 on average, employment agencies charge 15-30% of first year salary
Transition Assistance Program	\$500 - 10000 per transitioning employee
Exceptional Family Member Program	\$800 retainer and \$125/hr for phone conversations, emails, reviewing records, research, writing/reviewing letters
4 Lenses	\$69/person
Communication workshops	\$300 a couple
Life Coaching	\$75 - 200/hour

### **MDG SICK Program**

Need common over the counter medications like Tylenol, Motrin, Mucinex, Allegra, or Eucerin? The 30th Medical Group Pharmacy has an array of medications for conditions like allergies, common cold, upset stomach, insomnia, or rashes.

The SICK program allows you to get up to 3 over the counter meds per month per TRICARE beneficiary at no cost. You can request the consult of a pharmacist to help select

medications that match your symptoms or simply restock medications for an upcoming TDY, vacation, or PCS trip. To enroll in the SICK program, stop by the pharmacy (0730 – 1630 M Tu Th F; 1000 – 1630 W) and take the one-time training which takes just 10 minutes and covers eligibility, program limits, and stipulations. Please allow normal prescription processing time for our staff to input your selection, fill, and perform safety verifications.

## **Base Theater**

The Base Theater offers themed events and movie screenings for free, including Saturdays. Squadron and youth centers have the opportunity to reserve the theater for their own events as well. Timely updates are available on the theater’s notice board and affiliated Facebook page:

<https://www.facebook.com/people/Vandenberg-base-Theater/61555933883299/>

## **Education Center**

The Education Center offers opportunities to help you along your career paths such as basic skills education testing, college prep, assistance with financial aid, and tuition. Many of the services are also available to spouses of active-duty personnel. We have professional guidance counselors who will help guide active duty, dependents, and DoD civilian employees on a customized education path to meet your personal and professional goals. They can assist with both local and out of town schools.

Services Offered:

<b>Service/Activity</b>
Tuition Assistance
Education Counseling
Financial Aid & GI Bill Information
On-Base Colleges: Purdue Global, National University, University of Maryland
CLEP Testing
Skill Bridge

## **Duane G Wolfe Fitness Center and Annex**

We offer a wide variety of cardiovascular, weight machines, and free weights. We also have indoor basketball/volleyball courts, locker rooms, showers, and dry saunas. Find your favorite group fitness class, join an intramural sports team or sign up for a fun fitness program or event. We have everything you need to reach your fitness goals at no cost.

Facilities and Services Offered:

<b>Service/Activity</b>
Basketball/Volleyball Courts
Weightlifting Areas
Cardio Equipment
Outdoor Fitness Areas
Outdoor Running Trail
Functional Fitness Room
Group Fitness Room

Free Group Fitness Classes (visit <https://www.vandenbergfss.com/fitness#calendar> to view the upcoming class schedule):

<b>Service/Activity</b>
Ab Attack 20
Bootcamp 45
Cardio Strength 45
Cycle 30
Cycle 45
Power Cycle
Yoga
Zumba

## **Child and Youth Activities**

The base provides several Child and youth activities/services on base and approximate cost savings compared to the local area are below:

<b>Service/Activity</b>	<b>Savings</b>
Daycare (CDC)	\$400-\$1000/month
Youth Gymnastics	\$55/month
Youth Soccer	\$55
Youth Football	\$280
Youth Baseball	\$80
Youth Basketball	\$50

## **Equipment Rentals**

Outdoor rec offers equipment rentals that for patrons with installation access and MWR use eligibility in accordance with AFI 34-101. Go to their website to view their rental guide and pricing.

<https://www.vandenbergfss.com/outdoor-recreation>

## **Information, Tickets & Travel (ITT) Services**

ITT provides discounted ticket prices to many locations and experiences including Disneyland, Universal Studios, Six Flags Magic Mountain, Legoland, and many others. Go to ITT's website to view their discount ticket pricing sheet:

<https://www.vandenbergfss.com/information-tickets-travel>

## **Cinderella's Closet**

Cinderella's Closet is a free boutique on Vandenberg SFB where women can borrow formal and semi formal gowns, jewelry, shoes, and clutches for any occasion. To make an appointment message or email them at [cinderellascloset@gmail.com](mailto:cinderellascloset@gmail.com). Visit their Facebook page at: <https://www.facebook.com/vandenbergcinderellascloset/>