

JOIN
MCFTB

FOR A

Stress Management

WORKSHOP

MARINE & Family

*Relax
Reset
Recharge*



**Monday
AUGUST 3**

1 - 2:30 PM

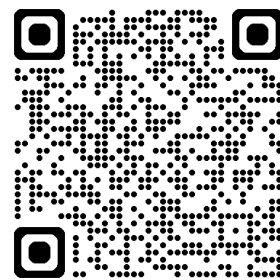
Henderson Hall, Bldg. 12

**NO ARTISTIC EXPERIENCE
REQUIRED!**

*Just come ready to unwind,
enjoy the process, and let
your worries drift away
with the tide.*



REGISTER HERE



Discover practical strategies to reduce stress, build resilience, and find calm. Through guided conversations and a watercolor activity of a serene beach, you will experience how creative art fosters mindfulness and relaxation. You will also learn about valuable Marine Corps and community resources available to support Marines and families during challenging times.

MCCS
HENDERSON HALL

MORE INFO: mcftbhh@usmc.mil

Ph: 703-693-8906

Registration closes July 31, 10 AM