

Resiliency Bootcamp



Let's
EXERCISE
MENTAL
health

Date & Time:

11:30 a.m.-12:30 p.m.

Every 1st & 3rd Thursday

Upcoming Classes:

April 9 & 23

May 7 & 21

June 11 & 25

Location:

**Library
Meeting Room
at CRC Building**

About the Class

This course is designed to help you build resiliency to and achieve your best SELF.

Let's work out with elements of meditation and self-care that will help enhance your mental fitness!



Registration Required
Contact: FFSCinfo@us.navy.mil
046-816-7878

