

Fleet and Family Support Center San Diego



MIND BODY MENTAL FITNESS

THE PRIMARY GOAL OF MIND BODY MENTAL FITNESS IS TO ENHANCE THE MIND, BODY, SPIRIT AND SOCIAL DOMAINS IN ONE'S LIFE. PARTICIPANTS WILL LEARN PROACTIVE PATHWAYS TO ACHIEVE MENTAL FITNESS, FIND BALANCE WITHIN THESE DOMAINS AND GAIN PRACTICAL SKILLS THAT CAN BE UTILIZED DAILY.

OVER THE COURSE OF SIX SESSIONS, MBMF CAN HELP YOU AND YOUR COMMAND BY TEACHING SAILORS AND FAMILIES THAT RESILIENCE AND MENTAL TOUGHNESS CAN BE STRENGTHENED WITH CONSISTENT PRACTICE TO CREATE A CULTURE OF RESILIENCE.

MARCH SESSION

MARCH 29TH

MARCH 30TH

MARCH 31ST

APRIL 1ST

APRIL 2ND

ALL TIMES ARE FROM
1:00PM - 3:00PM PST.

APRIL SESSION

APRIL 26TH

APRIL 27TH

APRIL 28TH

APRIL 29TH

APRIL 30TH

To register, call 866-923-6478 or email FFSCSDWorkshops@navy.mil

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