



WARRIORS conquering stress



Conquer Your Stress!
*Learn to balance
your warrior intensity
with holistic
stress management!*

Education: learn about stress and develop a stress management plan

Diet: explore the connection between food and stress

Yoga: discover techniques to help you manage stress, clear your mind and find balance

Date: Wednesday, February 20

Time: 9:00 am – 12:00 pm

Location: Bldg. 12, Conference Rm., Henderson Hall

Pre-Registration is REQUIRED! Please contact for more information or to register:
Kati Groseclose, MSW 703-693-9146 or Helen. Groseclose@usmc-mccs.org

MARINE &
Family

Open to DoD ID card holders
www.mccsHH.com/

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HENDERSON HALL