

MIND-BODY MENTAL FITNESS

Mind-Body Mental Fitness (MBMF) is a program designed to help Sailors and their families better understand how to cope with the stressors that are presented in the military lifestyle. The primary goal of MBMF is to enhance the mind, body, spirit, and social domains in one's life. MBMF teaches proactive pathways to achieve mental fitness and gives you the tools to manage stress. MBMF includes six modules that can be taken together as a series, or any one module can stand alone.

Register today for the next Mind-Body Mental Fitness session!

- 1** Stress Resiliency: 12/03 – 2:00pm - FFSC
- 2** Mindfulness & Meditation: 12/05 - 2:00pm - FFSC
- 3** Living Core Values: 12/10 - 2:00pm - FFSC
- 4** Flexibility: 12/12 - 2:00pm - FFSC
- 5** Problem Solving: 12/17– 2:00pm - FFSC
- 6** Connection: 12/19 - 2:00pm - FFSC

**Please call FFSC @ 760-939-4545
to reserve your spot. Reservations required
at least one week in advance.**



Contact your local
Fleet and Family Support Center
for more information.

