September is Suicide Prevention Month

This event provides interactive demonstrations to enhance **coping skills** and **build resilience**. Mental and emotional fitness is just as important as physical fitness for our Marine Corps mission readiness. Command presence is requested.

Open to all authorized patrons

- General Robert B. Neller, 37th Commandant of the United States Marine Corps, excerpt from Message to the Force: “Mental Wellness”.

**BUILDING THE WARRIOR WITHIN**

**DEVELOPING MENTAL TOUGHNESS**

**MCB CAMP LEJEUNE**
Tue, Sep 24 | 8AM-4:30PM
Marston Pavilion

**MENTAL WELLNESS**
**CULTIVATING SELF-VALUE**
**ENCOURAGING INNER GROWTH**
**FINDING BALANCE**
**ENRICHING LIVES**
**PREPARING MECHANISMS**
**DISCOVERING LIFE SOLUTIONS**