

# BASIC STRESS MANAGEMENT



## Two locations:

MCFTB, Bldg 780, Brewster Blvd,  
Camp Lejeune

Building AS-208, Bancroft Street,  
MCAS New River

Online Registration Only.

Open to Military, DOD, and partners.

Introduction to the basic dynamics of  
Stress, the effects it can have on our  
bodies, emotions, and minds, and learn  
basic Stress Management techniques.

**Info: 910.451.0176**  
[mccslejeune-newriver.com/mcftb](http://mccslejeune-newriver.com/mcftb)

**MARINE & Family**  
**MCCCS**  
LEJEUNE-NEW RIVER

**Our Mission is You!**

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