

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

MARINE &
Family

MCCS
LEJEUNE-NEW RIVER

Care. Connect. Make a Difference.