

January 28 | 10am to 12pm | Zoom

# STRESS MANAGEMENT

Everyone experiences stress; it's a normal part of life. Join MCFTB to learn and navigate through it!

Register online at:

[bit.ly/stress-management2021](https://bit.ly/stress-management2021)



MCCS29PALMS.COM



**MARINE & Family**  
Marine Corps Family  
Team Building

