

Relax Renew Revive

Self-Care Workshop

Thursday, August 10 | 1 - 3PM
Community Center (Bldg. 1004)

Preservation of Health is a Duty!

Deployments and constant training of our loved ones leaves little time to care about ourselves. Let MCFTB and FOCUS help. Join us in a celebration of YOU and learn new ways to revitalize yourself and aid in self-care. We will be offering massages, essential oils, breathing exercises and light refreshments.



Participation is limited to 30 spouses.
Preregistration required (no later than Aug 3).
Contact Nicole Horta at 760-830-1696/3110
or nicole.horta@usmc.mil | MCCS29Palms.com



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