

Relax, Renew, Revive

Self-Care

WORKSHOP

LOCATION:
COMMUNITY
CENTER
BLDG.
1004

DATE:
THURS
JAN 25

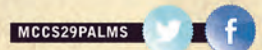
TIME:
10 - 12PM

Deployment and constant training of our loved ones leaves little time to care about ourselves. Let **MCFTB** and **FOCUS** help. Join us in celebration of you and learn new ways to revitalize yourself to aid in self-care. We will be offering registered participants massages plus essential oils, teaching breathing techniques and light refreshments.

- Pre-registration is preferred (no later than January 22)
- Participation is limited to 30 spouses
- Contact Stephanie Iraheta at 760 830.3674/3110 or stephanie.iraheta@usmc.mil.



MARINE & Family
Marine Corps Family
Team Building



MC CS
MARINE CORPS COMMUNITY SERVICES