



LEARN HOW TO EASE STRESS

# Self-Care Workshop

Thursday  
**JUN 21**  
9-11 AM

COMMUNITY  
CENTER  
Bldg. 1004



Explore essential oils and body scrubs



Discuss diet with a nutritionist from the Naval Hospital



Address overall stress management with the help of Behavioral Health



Learn stress relieving stretches from Semper Fit



Enjoy light refreshments

**PRE-REGISTRATION IS REQUIRED** and limited to 30 participants.  
Please email Stephanie Iraheta at [stephanie.iraqueta@usmc.mil](mailto:stephanie.iraqueta@usmc.mil)  
or call **760.830.3674/3110**.