

DOMINATING STRESS & ANGER

22 Jul, 26 August & 23 September
1300-1500 MCFTB office, MCAS Beaufort

Join us to identify your stress level, pinpoint your stress and anger triggers, and learn different ways to manage them properly. Classes are held in a living room-type setting. Registration is required.

Register using the calendar at: mccs-sc.com/mil-fam/mcftbmcas.shtml

For more information:
843-228-6141 or lisa.m.traver@usmc-mccs.org



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