

Photo by Lance Cpl. Zachary Beatty

MCAS BEAUFORT

WARRIOR STRESS MANAGEMENT

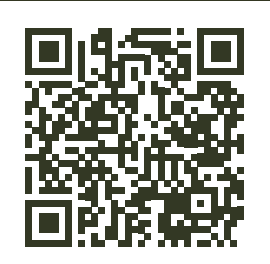
EVERY TUESDAY 1400-1500 MCAS BLDG. 807 • IPAC RM 33

This is an 8 week course which utilizes the Theoretical Model of Change (a.k.a. Stages of Change) designed to reduce multiple health risk behaviors and to enhance multiple domains of the well-being while lowering health care costs and increasing productivity.

- Class 1: Got Stress?
- Class 2: Adjusting Your Thinking
- Class 3: External Factors
- Class 4: The Mind
- Class 5: Connection & Communication
- Class 6: Resilience
- Class 7: Healthy Habits
- Class 8: Staying on Track

Once all 8 sessions are completed the cycle starts over again the following Tuesday.

Scan to Register



For more information:
jenifer.klepesky@usmc.mil
843-228-7059