

The Gift of Relaxation

Hosted by Weapons & Field Training Battalion

1 December 1700-1900

Four Winds Family Readiness Center | MCRD Parris Island

Give yourself the gift of relaxation this holiday season by joining us for an evening of meditation, relaxing stretches, learning new relaxation techniques and creating your very own spa products.



Register using the QR Code.
For more information, contact Sarhi Wiggins,
LifeSkills Trainer at 843-228-1570
or sarhi.a.wiggins@usmc-mccs.org



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