L.I.N.K.S. Challenge:
The Gift of Relaxation

10 December 1730-2000
Four Winds Family Readiness Center, MCRD Parris Island

Give yourself a gift by joining us at the L.I.N.K.S. Challenge - The Gift of Relaxation. The holidays, school work, military life... whatever has you stressed will be whisked away when you give yourself the gift of relaxation. You will decompress, refocus and give yourself a well deserved treat.

Register online at: mccs-sc.com/mil-fam/mcftbmcrd

For more information contact Paula Dyson at: 843-228-1573 or paula.h.dyson@usmc-mccs.org

This is NOT a child friendly event. Childcare reimbursement is available and will be provided upon request.