

# STRESS MANAGEMENT

*and Taking Care of You*

**16 March, 10 August, 27 October & 15 December**  
0900-1100 Four Winds Family Readiness Center, MCRD Parris Island

Discover different tools and techniques to reduce your stress levels and ways you can benefit from a relaxed state of mind.

To register or for more info contact Becky Salazar  
at 843-228-1570 or [salazarbm@usmc-mccs.org](mailto:salazarbm@usmc-mccs.org).



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