

2018

Wellness

Series

Semper Fit and Behavioral Health

A HOLISTIC APPROACH

FOCUSING ON HEALTH AND WELLNESS

- Jan 10 New Year, New Goals (FOCUS Workshop)**
Bldg. 126, 9-10am
- Feb 14 Roses & Poses (Valentines Day Yoga)**
MCLB Gym, 5-6pm
- Mar 14 Civilian Resume Workshop**
Bldg 129, 1-2:30pm
- Apr 11 Essential Oils**
Desert View Housing Community Center, 5-6pm
- May 9 Ground Yourself (Stress Reduction & Meditation)**
MCLB Gym, 5-6pm
- Jun 13 Mommy & Me Pool Time (Water Aerobics)**
Oasis Pool, 9-10am
- Jul 11 Basic Sign Language**
Desert View Housing Community Center, 5-6pm
- Aug 8 Get to the Green! (FOCUS Workshop)**
Bldg. 126, 9-10am
- Sep 12 Suicide Awareness and Intervention.**
Desert View Housing Community Center, 5-6pm
- Oct 10 Conquer Your Fears (Anxiety & Stress Reduction Workshop)**
MCLB Gym, 5-6pm
- Nov 14 Healthy Holiday Cooking**
Bldg. 126, 9-10am
- Dec 12 Nutrition, Supplements & Weight Loss**
MCLB Gym, 5-6pm

For more information, call (760) 577-6817/6533