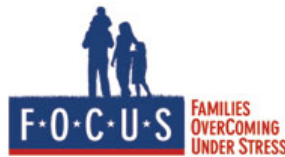


Spouses In the Midst



VENUES

- Yoga •
- 4 Lenses •
- Nutrition •
- Goal Setting •
- FOCUS Project •



MCFTB invites all spouses aboard Camp Pendleton to join us for this interactive workshop that promotes the importance of taking care of one's self, communication skills and relaxation methods. Through these venues, you will develop and enhance the tools needed for inner strength and endurance during separations and deployments while having fun networking with other spouses!



Friday, 8 January
1600-2000



MCFTB SLR Family Readiness Center
Bldg. 1795
725-9052

Registration Required

Free on-site childcare available, please call for details

