



COMPREHENSIVE SOLDIER AND FAMILY FITNESS BUILDING RESILIENCE ENHANCING PERFORMANCE

Army Community Service Soldier and Family Readiness Branch presents

“A Taste of Resilience”

RECIPE

ACTIVE CONSTRUCTIVE RESPONDING

This recipe shall be known as

From the kitchen of **ACS/Mob/Dep Program** This recipe serves 1 2 3 4 5 6 7 8 9 10

INGREDIENTS

DIRECTIONS

1/2 Cup Hunt the Good

3 Cups ACR

Family members

Soldiers

DA Civilians

Add 1/2 cup of “Hunt the Good Stuff” with 3 cups of “ACR”.

Mix well.

Stir in some Family Members, Soldiers & DA Civilians and some healthy snacks.

Serve at room temperature. Bon Appétit!

March 29, 2016 5:30 pm – 8:00 pm

Students must pre-register by calling (254) 288-2794
Classes are held at the Lane Volunteer Center
Bldg. 16005, Corner of T.J. Mills and Old Ironsides Avenue
Open to Soldiers, Family Members, and DA Civilian Employees
Individuals who require assistance or accommodation due to disability please,
contact the ACS Mob/Dep office at (254) 288-2794.

