

RESILIENCE EXPO

September 29, 2016

9:00 am - 11:30 am

Bldg. 18000, Oveta Culp Hobby Soldier & Family Readiness Center

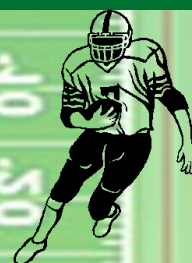
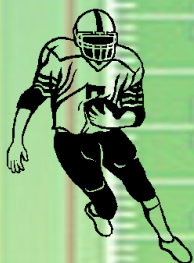
Get your Resilience Game ON!

Open to Military Family Members, Soldiers, DA Civilians

Enjoy interactive demonstrations and sessions that enrich your personal well-being

Physical Wellness

Self Defense demonstration



Emotional Wellness

How to deal with what you feel!

Spiritual Wellness

Yoga/Meditation demonstration

Family Wellness

Focus on relating to those important to you!



Social Wellness

Disconnect the devices and re-connect with others; Food preparation demonstration



Registration at 8:30 am

For additional information contact ACS Soldier & Family Readiness Branch (SFRB)
254-288-2794



Individuals who require assistance or accommodations due to a disability,
please contact the ACS SFRB at 254-288-2794.

