The Gift of *Relaxation*

18 DECEMBER
1700-1900

REGISTER HERE

For more info: 843-228-1570
or sc.pi.mcftb@usmc-mccs.org

MCRD Parris Island
Four Winds Family Readiness Center

The holidays are meant to be joyful, but they can also bring some added stress.

Join us for a relaxing and interactive evening workshop where you will discover healthy coping mechanisms, and simple ways to prioritize your well-being with stretching and breathing techniques, make your own sugar scrubs and more!



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