



# WARRIOR STRESS MANAGEMENT

MCAS BEAUFORT  
0800-1600 | BLDG. 596, RM 124

13 JAN	19 MAY	15 SEP
10 FEB	16 JUN	20 OCT
17 MAR	21 JUL	17 NOV
21 APR	18 AUG	15 DEC

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## MCRD PARRIS ISLAND

0800-1600 | BLDG. 202,  
NAVY FEDERAL CREDIT UNION, 2ND DECK

12 JAN	11 MAY	14 SEP
09 FEB	15 JUN	19 OCT
09 MAR	13 JUL	17 NOV
13 APR	10 AUG	14 DEC

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FOR MORE INFO:  
843-228-7059 OR BFRT\_FAP@USMC.MIL

