

📕 Join Marine Corps Family Team Building

to

Take some time out to treat and learn a little more about yourself. Learn how to love the most important person in your life a little better! Join Marine Corps Family Team Building and the Prevention Working Group in a hands-on workshop filled with games and learning opportunities.

5 Love Languages of Self Care



Marine Barracks Washington

Annex Classroom, rm. 120 1130-1300

For more information or to register 703-696-4840/8906 mcftbhh@usmc-mccs.org



 $\mathbf{O}$ 

