



Healthy + Healthy = Happy
Body Mind Human



Mind Body Mental Fitness Series

Bring your lunch, a friend and an open mind!

MBMF Module 1 Stress Resiliency

Monday August 4th 11:00am – 12:30pm

Discover how stress affects the four domains of resilience; (mind, body, spirit, and social) as well as how to recognize it and turn it into an opportunity for growth.

MBMF Module 2 Mindfulness & Meditation

Monday August 11th 11:00am-12:30pm

Participants acquire skills to strengthen focus, awareness, and decreasing harmful reactivity to external events.

MBMF Module 3 Living Core Values

Monday August 18th 11:00am – 12:30pm

Gain knowledge to better understand your own thoughts, emotions, and behaviors through practical skills that can be put to immediate use.

MBMF Module 4 Flexible Thinking

Monday September 15th 11:00am – 12:30pm

Teaches participants how to practice flexible thinking with their thoughts, behaviors and emotions while helping to defeat negative thinking.

MBMF Module 5 Problem Solving

Monday September 22nd 11:00am – 12:30pm

Pick up skills on how to work through obstacles effectively, practice dynamic team building, and discuss new problem-solving techniques.

MBMF Module 6 Connection Class

Monday September 29th 11:00am – 12:30pm

Gather proactive pathways to achieve mental fitness, find balance within these domains and gain practical skills that can be utilized daily.

For more information or to register email katherine.e.goktepe.naf@us.navy.mil



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