



**ACS/FAMILY ADVOCACY PROGRAM
PRESENTS**

MINDFUL MONDAYS

Start the week off strong. Learn tools and techniques to help you manage stress you may face at work and at home more effectively.

**MONDAYS: 24 MAY; 14 & 28 JUNE 2021
FROM 11 A.M. TO 12 P.M.
AT FORT BUCHANAN/CHAPEL, BLDG. 183.**

**For more details, please call 787-707-3709 or by email
ruth.e.gonzalez.civ@mail.mil.**

