



Real Colors®

Real Stress

Thursday, February 9 • 1 – 4 PM
Bldg.12 Conference Rm, Henderson Hall

Communication & Stress Management Workshop

- Learn your personality temperament and communication style
- Understand your personal communication style and how to work well with others
- Develop stress management skills and plans

Class is FREE and open to DOD ID card holders
Also available as a Unit PME upon request
Register by Monday, February 6

Please call Behavioral Health to register
703-614-7204 • www.mccsHH.com

