



# MIND-BODY MENTAL FITNESS

## What is MBMF?

Mind-Body Mental Fitness (MBMF) enhances resiliency & mental toughness through the use of evidence-based mindfulness skills. The primary goal of MBMF is to enhance the mind, body, spirit and social domains in one's life.

## UPCOMING IN-PERSON COURSES

1

Stress Resiliency | Friday, Oct. 7 | 9-11 a.m.

2

Mindfulness & Meditation | Friday, Oct. 14 | 9-11 a.m.

3

Living Core Values | Friday, Oct. 21 | 9-11 a.m.

4

Flexibility | Friday, Oct. 28 | 9-11 a.m.

5

Problem Solving | Friday, Nov. 8 | 9-11 a.m.

6

Connection | Friday, Nov. 18 | 9-11 a.m.

**Fleet & Family Support Center BLUE**

Bangor Base | 2901 Barbel St. | 360-396-4115