

REGISTER TODAY!

MILITARY WELLNESS WORKSHOP

JOURNEY FROM COPING TO THRIVING

**OPEN TO VETERANS, SERVICE MEMBERS,
MILITARY FAMILIES, AND CAREGIVERS.**



AGC
AUSTIN CHAPTER
THE CONSTRUCTION ASSOCIATION

SAFE Project guides you on a journey back to you – where your strengths, values, and purpose lead the way. Learn tools to navigate stress, set meaningful goals and move forward with confidence. Your next step – your best step – starts here.

HealthCode®



Learn More &
Register



**LUNCH
PROVIDED**

Dec. 5 | 8:00am - 3:00pm

LOCATION: AGC, 609 S Lamar Blvd, Austin, TX

“

This workshop met me where I was—and helped me rise.

”

Attend this workshop to:

- Learn skills to navigate triggers and stressors
- Discover Insights on the benefits you have earned
- Connect with fellow veterans
- Overcome barriers and set goals to thrive

“

It was exactly what I needed—and nothing I expected.

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