

REGISTER TODAY!

MILITARY WELLNESS WORKSHOP

JOURNEY FROM COPING TO THRIVING

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.

LEARN MORE

LUNCH PROVIDED

Nov. 5 | 8:00 AM – 4:00 PM

Joint Base San Antonio

Installation Management Training Center, Building 4022 • Room 110
2280 Signal Road
Fort Sam Houston, TX 78234

Attend this workshop to:

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

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