

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. 4 | 9:00 AM – 4:00 PM

Texas A&M AgriLife Research and Extension Center at Uvalde

1619 Garner Field Rd
Uvalde, TX 78801

In partnership with:

Texas A&M AgriLife Extension | Disaster Assessment and Recovery

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

> I felt connected with everyone and felt safe to share.

*Texas A&M AgriLife Extension Service provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.