

MINDFUL

Noon - 1 p.m.

NSA Washington
Fleet and Family Support Center
Conference Room (Bldg. 154)

Meditation

Wednesdays

July 12, Aug. 23 and Sept. 20

***Is one of your resolutions
to be more mindful in 2017?***

Take a break over your lunch hour and
return to your workspace revitalized.

Relax and center your mind with our
new guided meditation group.

For all base-eligible personnel.



**STAY
CONNECTED**

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For more information contact, Community Recreation at
202-433-2484 or visit www.navymwrwashington.com/commrec