



Suicide Prevention AWARENESS

CROSS TRAINING CHALLENGE

Wednesday, Sept. 26

11 a.m. - 1 p.m. | Washington Navy Yard | Indoor Sports Complex, Bldg. 73



To increase awareness of National Suicide Prevention Month in September, the Naval Support Activity Washington Suicide Prevention Team will sponsor the first annual Cross Training Challenge.

Military and Civilians from all commands are encouraged to sign up in teams of four by Sept. 21. Visit the [WNY Fitness Center](#), call 202-433-2282 or email mwr.sports.nsaw.fct@navy.mil.

T-shirts and refreshments available for participants.

Mental Health and Suicide Prevention Month serves as a way to promote mental health, physical well-being, suicide awareness and prevention, and encourage Military and Civilian personnel to access psychological health and emotional well-being resources when needed. Valuable resources will be available for military, civilians, and family members.



Eligible patrons: Military and Civilians.
Fleet and Family Education Service
Facilitator 202-685-8327.

STAY
CONNECTED

