

SURVIVE THE HOLIDAYS WITH FFSC

Tuesday, October 23

Surviving the Holidays Financially

11 a.m. - 12:30 p.m.

This course is designed to help service members plan for the added expenses of the holidays and special events and to help develop strategies to avoid overspending and accumulating excessive debt.

Beating Holiday Stress

12:30-1:30 p.m.

This workshop will help you recognize behavioral, physiological and psychological stress symptoms of holiday and vacation stress and understand how ignoring them places your health in jeopardy.



The
Fleet & Family Support
Center

NAVAL SUPPORT ACTIVITY WASHINGTON

Classes are subject to change.
Please call to sign-up and reserve a seat for all
classes. Space is limited. For more information,
call Fleet & Family Support Center 202-685-0229
or email ffsc.nsaw.fct@navy.mil.