

Mobilization and Deployment

*Presents*

# MASTER RESILIENCY TRAINING (MRT)

**Because it takes more than an  
apple a day to keep the doctor away!**



Friday, January 27<sup>th</sup>  
and Wednesday, February 29<sup>th</sup>  
12-12:50pm, ACS Bldg. 622

Learn how to enhance your resilience, effectiveness,  
and well-being by attending Master Resiliency Training



Registration is required. To register,  
email [amyjo.johnson@usma.edu](mailto:amyjo.johnson@usma.edu)  
or call 938-5654

[westpointmwr.com](http://westpointmwr.com)

