

Make Time for a Better You!

Mind, Body and Soul Training

Mondays (ACS, Bldg. 622)

Resiliency Skill Development

Learn skills that enhance your ability to bounce back from life's road blocks

Tuesdays (FMWR Fitness Center, Bldg 683)

Physical Fitness

Walk, run or spin for better health

Wednesdays (ACS, Bldg. 622)

Soul Searching & Stress Management

Learn about yourself through journaling, self-discovery and personal growth

Class Schedule

Monday, March 5, 12, 19, 26

Tuesday, March 6, 13, 20, 27

Wednesday, March 7, 14, 21, 28

All classes will be held from 6 – 7 p.m.

To register, please call Amy-Jo Johnson at 938-5654
or e-mail amyjo.johnson@usma.edu

