

# ARSENAL

## Warfighter Resiliency

### Norfolk Naval Station Chapel

15 Dec, 20 Dec, 22 Dec, & 28 Dec



Warfighter Resilience - ARSENAL is a three-hour resilience program. ARSENAL is an acronym for seven best practices for mitigating stress and building personal resilience.

For more information and to register, email [CNRMACREDO@gmail.com](mailto:CNRMACREDO@gmail.com)

