

MARINE CORPS FAMILY TEAM BUILDING

**MARINE** &  
*Family*

**MC CS**  
HENDERSON HALL

**FRIDAY**  
**OCTOBER 31**  
**11 AM - 12:30 PM**  
**Henderson Hall,**  
**Bldg. 12**



**Lunch & Learn:**

# **SLIMY STRESS MANAGEMENT**

**REGISTER HERE**



**MCFTBHH@usmc-mccs.org**  
**703-693-1253/8906**

Join us for lunch & learn through hands-on fun! Join Marine Corps Family Team Building in learning about Stress Management. We will have a spooky good time while making slime!