

Embrace Your Inner

planner!

August 11 • 10:00 a.m.-12:00 p.m. | August 19 • 5:00-7:00 p.m.

August 25 • 2:00-4:00 p.m. | August 31 • 5:00-7:00 p.m.

Reunion: September 11 • 10:00 a.m.-12:00 p.m.

Family Outreach Center • 547 Rice Drive, Building 33512

Registration required for each workshop

This free workshop uses **Happy Planner** as an intervention tool that combines your love for creativity with your need for organization to reduce daily stress and frustration. Planners and stickers will be provided for participants.



@FortGordonMWR



To register or more information:

706-791-3579