

Stress Management

Open to ALL TriCare Beneficiaries

Learn how to manage and overcome the challenges of everyday stress.



Quality Education

- Stress Reduction
- Physical Fitness, Nutrition, & Sleep Discussion
- Healthy Habits



Customized Tools

- Finding Motivation
- Healthy Decision Making
- Improve Energy Levels



Individual Support

- Time for Q&A
- Disease Management Referrals

Classes held weekly!

For registration and class information call:
(619) 532-7764



Mind Body Medicine

Our goal is provide education, skills-building, programming, and direct care in order to promote, develop, maintain, and research lifestyle and behavioral influences on wellness, with an emphasis on optimization for individual mindfulness, concentration, and wisdom-building.

