

MCFTB LIFESKILLS PROGRAM

LifeSkills provides various workshops that keep spouses informed and equipped with information to successfully thrive in the dynamic and challenging military environment.

COURSES WE OFFER INCLUDE:

- Who Moved My Cheese?
- 4 Lenses
- Cooking & Nutrition
- PREP & CREDO
- SLS Workshops
- and MORE



Contact MCFTB LifeSkills Program Training
for this month's class schedule.

Available to spouses and military personnel
228-7334 (MCAS Beaufort)
228-1570 (MCRD Parris Island)