



Winter Wellness Week

Take care of yourself! Join wellness-themed activities that support your mind, body, spirit and social aspects.

Monday, Dec. 8

9-10 a.m.

Fleet and Family Support Center
Support Site

Santa's Stress Busters

Learn resiliency techniques to beat holiday stressors.



Tuesday, Dec. 9

Noon-12:45 p.m.

Fellowship Hall, Capodichino

1 pm-1:45 p.m. and 2-2:45 p.m.

Community Center, Support Site

Mindful Movement Session

Practice stretching, breathing and walking meditations to support your mind this holiday season



Wednesday, Dec. 10

5 p.m.

Chapel, Support Site

Holiday Cookie Creation

Join this non-denominational time of cheerful cookie decorating. All ages welcome!

Thursday, Dec. 11

4 p.m. • ~~\$5~~ FREE!

Begins at Central Park
Support Site

MWR Jingle 5k

Run/walk with your family and friends during this festive physical event.



Friday, Dec. 12

11 a.m.-1 p.m.

on the Capodichino Spine

Wags for Wellness with the Red Cross PAWS Team

Get an afternoon boost with some furry friends.



To register or get more information about the Winter Wellness Week activities, please email NSANaplesFFSC@us.navy.mil.

Can't make the Winter Wellness Week events? Check out "Operation Holiday Cheer: Naples Edition" to see the many ways NSA Naples is celebrating this December! Scan here:



American
Red Cross

