

**MFLC and Dyess AFB Library are proud to present:
A Free Series on Life Skills**

| <u>Date:</u> | <u>Topic:</u> |
|---------------------|---|
| June 08 | Coping with Transitions |
| June 15 | Conflict Management |
| June 22 | Life in Balance: Relaxation & Stress Relief |
| June 29 | Staying Positive and Motivated |
| July 06 | Coping Strategies for the Uncertainties of Life |
| July 13 | Communications and Assertiveness |
| July 20 | Setting Boundaries |
| July 27 | Time Management Strategies and Helpful Hits |

Time: 4:30pm

Location: Dyess AFB Library

Questions: 325-428-7136

Reservations Not Required