

Wellness ROUNDUP



**JULY
2026**

Supporting primary prevention
to build readiness, resilience,
and overall well-being across
NAS Sigonella

1

CALMING CULTURAL SHOCK

JULY 6, 2026
 1100 – 1200 (CEST) *Register
HERE*
 MyNavyFamily.com
VIRTUAL

Module provides an overview of culture shock and the resources available to help with integrating into a new culture.

2

SUPPLEMENT SAFETY BOOTH

JULY 8, 2026
 1100
 NAVY EXCHANGE

Health Promotion & Wellness (HPW) offers education on safe practices for nutrition supplement intake.

3

STRESS MANAGEMENT

JULY 15, 2026
 1700 (CEST) *Register
HERE*
 MyNavyFamily.com
VIRTUAL

Module teaches ways to manage stress appropriately.

4

CREDO: FAMILY ENRICHMENT RETREAT

JULY 17-19, 2026 *Register
HERE*
 MULTI-DAY
 SIGONELLA

Strengthen family bonds and enrich relationships. Click [HERE](#) for more info.

5

NUTRITION & WEIGHT MANAGEMENT CLASS

JULY 21, 2026 *Register
by email
HERE*
 1400-1530
 **NAS 1 MWR
CLASSROOM**

Review basic nutrition, exercise, emotional & stress eating, environment designing and goal setting. Registration link above.

6

RELATIONSHIP ROADMAP

JULY 28, 2026 *Register
HERE*
 0900-1030
 **FLEET & FAMILY SUPPORT
CENTER**

Explore how to confidently navigate every stage in a relationship.

WHY ATTEND?



**FAMILY & FRIENDS
CONNECTION**



**IMPROVE
MENTAL HEALTH**



**LEARN SAFE
PRACTICES**



**BUILD
RESILIENCY**



**DISCOVER MORE
WORKSHOPS ON
[MYNAVYFAMILY.COM](https://mynavyfamily.com)**

*Stay
CONNECTED*



**SCAN
HERE**



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NAS SIGONELLA ITALY
MOBILE APP**

