

Wellness ROUNDUP



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



1 **8 WEEK BODY CHALLENGE**

SEP 1 – OCT 30, 2026
8 WEEK PROGRAM
HEALTH PROMOTION & WELLNESS CENTER

Register **HERE**

Increase muscle gain and decrease body fat. More info **HERE**



2 **MBMF: STRESS RESILIENCE**

SEPTEMBER 4, 2026
0900-1100
FFSC CLASSROOM 212

Register **HERE**

Learn to recognize the 4 domains of resilience and turn them into growth. More info **HERE**



3 **PERSONAL RESILIENCY RETREAT**

SEPTEMBER 11-13, 2026
MULTI DAY
4SPA RESORT HOTEL

Register **HERE**

Resiliency retreat focused on navigating life's challenges with deep mental toughness. More info **HERE**



4 **SIG CONNECT: NETWORKING EVENT**

SEPTEMBER 16, 2026
1400-1600
MWR LIBRARY

Event Info **HERE**

Discover resources and information available to you from different base entities with one-on-one time for questions.



5 **MBMF: MINDFULNESS & MEDITATION**

SEPTEMBER 18, 2026
0900-1100
FFSC CLASSROOM 212

Event Info **HERE**

Improve decision-making, reduce destructive behaviors, and increase optimal performance. More info **HERE**



6 **GREAT NAVY CAMPOUT: MT. ETNA**

SEPTEMBER 19-20, 2026
MULTI DAY
MULTI LOCATION

More info **HERE**

Learn camping skills and enjoy family bonding in the outdoors. Event currently full, waitlist available.

WHY ATTEND?



FAMILY & FRIENDS
CONNECTION



IMPROVE
MENTAL HEALTH



LEARN SAFE
PRACTICES



BUILD
RESILIENCY

PLAN
AHEAD

**USO GOLF
SCRAMBLE**

[REGISTER HERE](#)

**USO BABY SHOWER,
BBQ BIRTHDAY BASH
AND MORE**

[MORE INFO HERE](#)

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

Stay
CONNECTED



SCAN
HERE



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MOBILE APP

