Wellness ROUNDUP

NOV 2026

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



1 TOBACCO CESSATION GROUP CLASS

Register HERE

- NOVEMBER 4, 2026
- 1430 (EVERY WEDNESDAY)
- NAS 1 - MIDTOWN - HPW OFFICE

Join our Tobacco Cessation coach and learn how to quit for good.



2 RUN THE RUNWAY

Register HERE

- NOVEMBER 7, 2026
- 0800-1200
- NAS 2 AIRFIELD

Family friendly run/walk event with food booths, games, and more!



3 CO'S TOOLKIT

Register HERE

- NOVEMBER 12, 2026
- 0900-1100
- FFSC CLASSROOM 211

Now offered Monthly! SAPR & FAP CO's Toolkit, SAIL, and MRE 514



4 MBMF: MODULE 6 CONNECTION

Register HERE

- NOVEMBER 13 & 20, 2026
- 0900-1100
- FFSC CLASSROOM 212

Learn how communication and connection help manage stress and develop resiliency



5 BUDGET FOR BABY CLASS

Register HERE

- NOVEMBER 19, 2026
- 1030
- NMCRS - NAS 1 BLDG. 319, 2ND FLOOR

Receive education and resources to prepare for the arrival of a new child.



6 NUTRITION & WEIGHT MANAGEMENT

Register HERE

- NOVEMBER 24, 2026
- 1400-1530
- NAS I - MWR CLASSROOM

Learn about basic nutrition, exercise, goal setting, and more.

WHY ATTEND?

- FAMILY & FRIENDS CONNECTION
- IMPROVE MENTAL HEALTH
- LEARN SAFE PRACTICES
- BUILD RESILIENCY

Look Ahead



CHRISTMAS TOY DRIVE

Drop Off: Navy Marine Corps Relief Society

whats app: +39-376-276-3015

DISCOVER MORE WORKSHOPS ON MYNAVYFAMILY.COM

Stay CONNECTED

SCAN HERE

TO DOWNLOAD THE NAS SIGONELLA ITALY MOBILE APP

The Fleet & Family Support Center