

Wellness ROUNDUP



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



1 MBMF: LIVING CORE VALUES

OCTOBER 2, 2026 *Register HERE*
 0900-1100
 FFSC CLASSROOM 211

Define your values and relate them to Core Navy Values and your personal goals.



2 PINK RIBBON RUN

OCTOBER 3, 2026 *Register HERE*
 1000
 MARINAI COMMUNITY CENTER

5K run, walk, jog event for Breast Cancer Awareness. **WEAR PINK!**



3 CO'S TOOLKIT

OCTOBER 8, 2026 *Register HERE*
 0900-1100
 FFSC CLASSROOM 211

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



4 USO 10TH BIRTHDAY BBQ BASH

OCTOBER 19, 2026 *Event Info HERE*
 1100-1230
 USO - NAS II

Come celebrate 10 years of USO at NAS Sigonella



5 NUTRITION & WEIGHT MANAGEMENT

OCTOBER 20, 2026 *Register HERE*
 1400-1530
 COMPASS ROOM - NAS I

Discuss topics of basic nutrition, physical exercise, emotional & stress eating, environment designing & goal setting



6 MWR AUTUMNFEST

OCTOBER 24, 2026 *More info HERE*
 1600-2000
 NAS I MIDTOWN

Celebrate the change of season with food/drinks, entertainment, and kids zone

WHY ATTEND?



FAMILY & FRIENDS CONNECTION



IMPROVE MENTAL HEALTH



LEARN SAFE PRACTICES



BUILD RESILIENCY

TRUNK OR TREAT

**October 24
1400-1600**

Navy Exchange



TRUNKS CAN REGISTER HERE

**DISCOVER MORE WORKSHOPS ON
MYNAVYFAMILY.COM**

Stay
CONNECTED



**SCAN
HERE**



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