

Wellness ROUNDUP



AUG
2026

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



1

BASIC LIFE SUPPORT TRAINING

AUGUST 5, 2026

1100 – 1300

NAS I BLDG. 318
RM. 1118

Register
HERE

American Red Cross important
requirements found [HERE](#)



2

PROJECT RECONNECT

AUGUST 7, 2026

1100 – 1200

NAS I
FFSC CLASSROOM 212

Register
HERE

Explore couples' communication, intentional
self-care, and find mini-moments to connect
throughout a busy schedule.



ASIST

3

ASIST-SUICIDE PREVENTION

AUGUST 10 – 11, 2026

0800-1600

NAS 2 CHAPEL

Register
HERE

Applied Suicide Intervention Skills Training.
Be prepared, reach out, save lives.
Click [HERE](#) for more information.



safeTALK
suicide alertness for everyone

4

SAFETALK - SUICIDE PREVENTION

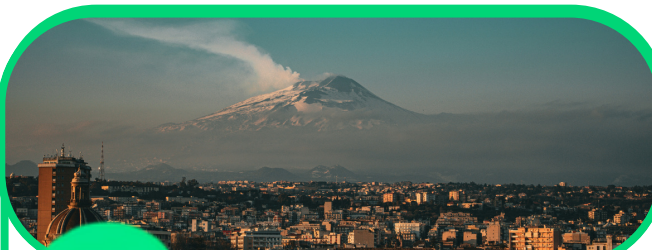
AUGUST 13 & 19, 2026

0800-1200

NAS 2 CHAPEL

Register
HERE

Learn to recognize the signs of suicide, start
a conversation, and connect someone to the
help they need. Click [HERE](#) for more info.



5

SPOUSE ORIENTATION

AUGUST 26-27, 2026

0800-1500

FFSC AND DAY 2
CATANIA FIELD TRIP

Register at
FFSC

Helps spouses learn about Italian culture,
language, employment opportunities, and
available base resources.



6

NUTRITION & WEIGHT MANAGEMENT CLASS

AUGUST 27, 2026

1400-1530

NAS 1 MWR
CLASSROOM

Register
HERE

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

WHY ATTEND?



FAMILY & FRIENDS
CONNECTION



IMPROVE
MENTAL HEALTH



LEARN SAFE
PRACTICES



BUILD
RESILIENCY

PLAN
AHEAD

GREAT NAVY CAMPOUT

REGISTER AUG 17-31 @
COMM REC

BODY COMP 8 WEEK CHALLENGE

REGISTER BY AUG 28 [HERE](#)



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WORKSHOPS ON
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CONNECTED



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