



EXCEPTIONAL FAMILY MEMBER PROGRAM

Fort Hood EFMP Workshop

“Caregiver Support”

- Learn about the importance of self-care and a few simple techniques to promote a healthy you
- How the Exceptional Family Member Program can provide support
- Community resources available to you and your loved ones

Presented by: Ms. Beverly Williams, EFMP Systems Navigator
Ms. Denise Gillies, EFMP Systems Navigator

When: December 15, 2016, 9:30 - 11:00 am

Where: Lane Volunteer Center
Building 16005
Corner of T.J. Mills Boulevard & Old Ironsides Avenue

**This workshop is open to Soldiers, Family Members
and Social Service Professionals.**

**For more information and to register, please call (254) 287-6070 or
email: usarmy.hood.imcom-fmwrc.list.ACS-EFMP@mail.mil**



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Individuals who require assistance or accommodation due to a disability, please call the ACS EFMP office at (254) 287-6070.

