

Warrior Mind Training Classes Being Held at FFSC

GROTON, Conn. - Whether you feel the need to put away your fears from being in combat or you just need to relax, Warrior Mind Training may be just the thing for you. Naval Submarine Base New London's (SUBASE) Fleet and Family Support Center (FFSC) is currently holding Warrior Mind Training Classes every week for Sailors and soldiers.

Warrior Mind Training encompasses many aspects of the mind, including concentration, balance, power and clarity. It aims to sharpen the mind in order to allow Sailors and soldiers to perform to their fullest potential.

"Warrior Mind Training is about being able to relax; it helps with concentration and blocking out distractions, along with mental focus and sharpening your mind," said Beth Darius, FFSC's Education Services Facilitator.

With the trauma that may come with being in a combat situation, Sailors and soldiers who have been deployed in war zones are encouraged to attend.

Classes are currently being held the fourth Thursday of every month from 3 to 4 p.m. Starting in October the classes will be held the fourth Wednesday of every month at SUBASE's FFSC building. For more information about Warrior Mind Training, visit their Web site at www.warriortraining.us. To sign up, call SUBASE Fleet and Family Support Center at (860) 694-3383.