

All hands,

To kick off National Suicide Prevention Month in September, the fourth annual "Light of Day" event will be held Wednesday, 26 August, from 0700-0745 on the River's Edge Catering & Conference Center outdoor terrace. This event, with a theme of "Life is Worth Living," will give you an inspirational and upbeat approach to life and an opportunity to start your day on a positive note.

You'll hear from guest speakers sharing their personal stories of how to overcome obstacles and see them as a sign of hope and resilience instead of as setbacks. You'll also learn tips on how to embrace each day with a sense of hope and joy.

For more information, call 301-342-4370. No reservations necessary. This event is open to all personnel.