

To kick off National Suicide Prevention Month in September, the fifth annual "Light of Day" event will be held Wednesday, 24 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 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 they overcame tragedies and obstacles in their lives and used these events to help them believe in hope and the joy of living. NAS Patuxent River Commanding Officer CAPT Scott Starkey will provide opening and closing remarks. You'll also learn tips on how to embrace each day with a sense of joy and resilience.

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