

Meet with Ginger

Gather at Quarters 1

Once a month

Casual

What's it about?

A gathering where *you* get to:

- speak up on issues

Balance time/family/Army, Dealing with aging parents, Loss of self worth, Retirement, How to last, Being told to get out, Not getting promoted, "Me"

- share ideas
- ask questions
- we will follow a set of guidelines

Who can come?

Student and staff spouses

Why?

It's about *you* and how we can help at this level.

NOT help the Army or groups, but
you!