



# Heart Link

Heart Link is an orientation program designed specifically for spouses with less than 5 years of military affiliation.

## Scheduled Workshop Dates 2012

8:30am to 2:00pm

### AFRC

8105 Condor St  
MacDill AFB 33621  
813-828-0145

Feb 7 - AFRC  
May 1 - AFRC  
Sept 4 - Brandon  
Nov 9 - AFRC

### MFRC

710 Oakfield Dr.  
Suite 153  
Brandon, FL 33511  
813-655-9281

## Please join us:

- Increase your awareness of the mission, customs, traditions, protocols, and on/off base resources and services.
- Feel and know you are an important part of the MacDill Community.
- Develop new friendships and support for one another.
- Receive free lunch, prizes, Heart Link Coins, tote bags, and much more!!!

**Call 828-0145 or 655-9281 to register.**

*\*Must have 5 participants registered or class may be subject to cancellation*

**(If you need childcare assistance to attend the workshop, please ask how we can help.)**

