From: Timothy H. Miner, Ch, Lt Col, CAP (CAP/HCE) <administrator@hc.cap.gov>

Date: Tue, Feb 14, 2023 at 5:42 PM

Subject: WEBINAR on the CAP Five Pillars of Wellness for All CAP Chaplain Corps and Health Service Officers

To: Administrator CAPChaplainCorps <administrator@hc.cap.gov>, <mmorison@hc.cap.gov>

To all members of the CAP Chaplain Corps

///// On behalf of Chaplain, Lt Col Mike Morison: /////

In the upcoming year CAP is placing an emphasis on resilience for its membership. A few years ago, CAP introduced the Five Pillars of Wellness and Resilience. Resilience is a significant aspect of wellness and happiness. The Five Pillars provides an introductory overview of how the integration of different facets of wellness contribute to a healthy and happy lifestyle. Wellness contributes to one's ability to withstand stress, enhances creativity, promotes teamwork, and contributes to personal and mission success in life. Therefore, we are reintroducing the Five Pillars of Wellness and Resilience for the Chaplain Corps and Health Service Officers. This one-hour review will be presented on February 28, at 2030 Eastern Time. You may register by clicking on the link provided.

Registration Link
[https://us02web.zoom.us/meeting/register/tZMud-uuqTovEte1h1QWGPTX5zGLoajFUpsX](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fus02web.zoom.us%2Fmeeting%2Fregister%2FtZMud-uuqTovEte1h1QWGPTX5zGLoajFUpsX&data=05%7C01%7Csleighton%40capnhq.gov%7Ca610710700d94b77fdd908db10694f6e%7C129b30109044450bb1593efcda34a513%7C0%7C0%7C638121816725849633%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=dHTtiWXfvG0nNT%2B1ROV8o2tBTZVh5%2F%2BOaDsmBYW2RZA%3D&reserved=0)