

I CAN

I WILL

**I can, I will stay
mission ready.**

Keep my mind and body fit, no excuses.

**Strive for progress,
not perfection.**

Get back up and try again.

I GOT THIS

I can, I will live life. Like a boss

CHOOSE STRENGTH OVER FEAR.

#REALSTRENGTH

Stay connected to friends and family.

**Reaching out is a
sign of strength.**

Seek care early, treatment works.

REAL WARRIORS ★ REAL BATTLES

REAL STRENGTH

MHS Military Health System
health.mil

Call/chat with a health resource consultant 24/7
for assistance accessing at 866-966-1020 or
realwarriors.net/livechat



realwarriors.net