

**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**

[Health.mil/RealWarriors](http://Health.mil/RealWarriors)

Call/chat with a health resource  
consultant 24/7 for assistance  
accessing care at 866-966-1020  
or [health.mil/PHRC](http://health.mil/PHRC) and  
click "Live Chat"

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