



USAG Italy Religious Support Office (RSO)

Y-40 Resiliency Through SCUBA



On Friday, 30 September, the USAGI RSO conducted a Resiliency Through SCUBA spiritual fitness event at Y-40 in support of Suicide Prevention Month. 14 Soldiers and DOD Civilians strengthened their spiritual resiliency skills to overcome fear and adversity by participating in a “first SCUBA experience”. Overcoming their pre-conceptions and personal fears, participants took steps in building adaptive positive beliefs toward a better tomorrow.

The Leader in Spiritual Fitness

