

Total Sailor: Fit to Fight (TSFTF) Workshop Keynote Speaker

15 & 16
June 2026



Boosting the **WILL TO LIVE**

Restoring resilience and mind - body well being
during times of relentless stress



Isa Kujawski, MPH RDN

Wellness Expert, Navy Veteran, Suicide Loss Survivor

<https://www.isakujawski.com/>

Naval Base Kitsap (Bangor)
Bangor Plaza (Main Ballroom)



Naval Base Kitsap (Bangor)

Total Sailor: Fit to Fight (TSFTF) Workshop

PRESENTED BY CNIC, OPNAV AND COMPACFLT

Monday 15 June 2026

0800-1200 E-6 & BELOW (Bangor Plaza Main Ballroom)
Kickoff with CMDCM William Kumley, NB Kitsap Command Master Chief



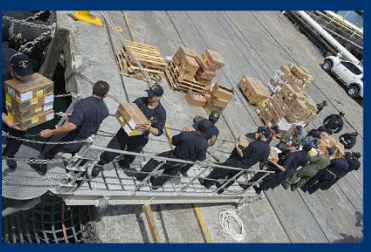
0800-1100 CCS/CMEO Breakout Session (Bangor Plaza Main Ballroom)



1300-1700 Officers & Chiefs (Bangor Plaza Main Ballroom)
Kickoff with CAPT John Hale, Chief of Staff, Navy Region Northwest

Keynote Speaker

Ms. Isa Kujawski: "Boosting The Will To Live"



Tuesday, 16 June 2026

0800-1200 Triads, JAG, CHC (Bangor Plaza Main Ballroom)
Kickoff with RDML Christopher Nash, Commander, Submarine Group NINE



1300-1600 Individual Break-out Sessions

- TSFTF-Deckplate Leaders, TRIADs (Bangor Plaza OHIO Room)
- CMEO/CCS: Culture/Climate Brief (Bangor Plaza ALASKA Room)
- ADCO/DAPA/UPC: (Chapel Main)
- Suicide Prevention: (Chapel Small)
- CCCs / Career Development : (FFSP Classrooms 1&2)
- CFLs: (FFSP Classrooms 3&4)
- SAPR/VA/SARCs/SAPROs: (Bangor Plaza H.M. JACKSON Room)



1800-2000 Ombudsmen & Spouses (Bangor Plaza Main Ballroom) ***Welcoming Remarks from CAPT Alex Baerg, Commanding Officer, Naval Base Kitsap***



CNO-CNIC-PACFLT

**Total Sailor:
Fit to Fight
Workshop**

FOR
NAVY SPOUSES,
OMBUDSMEN &
FRG LEADERS

YOUR PERSPECTIVE
IS VALUABLE.
THE NAVY
WANTS TO HEAR IT!

Tuesday
16 June 2026
1800-2000

Bangor Plaza
(Main Ballroom)

Also available on MS TEAMS (Click Here)
Dial-in: 1-858-980-0000/0001
Conference ID: 200 087 365#

- Connect with Navy policymakers, local Fleet & Family representatives and your local leaders
- Discover the array of in-person & virtual Quality of Life services designed to support you
- Welcome remarks from CAPT Alex Baerg, Commanding Officer, Naval Base Kitsap

Military and Family Support Programs/ Q&A

- Base Leadership: CAPT Alex Baerg, CO NB Kitsap
CMDRCM William Kumley
- Family Support Programs: Ms. Kathy Vi, CNIC Family Support
- Family Readiness Program/Policy: Ms. Monica Ulibarri-Ludlow, OPNAV N17
- Military and Family Support: Ms. Donna Desing, MFSC NB Kitsap
- Ombudsman Coordinator: Ms. Megan VanGuilder
- Medical Resources: CDR Ann Hummel/LCDR Trinity Dunham,
NBK Medical Clinic
- Chaplain's Role in Resilience: LT Peter Lee, NB Kitsap

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17 June 2026



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Naval Base Kitsap (Bremerton)
Gym Building 502



Naval Base Kitsap (Bremerton)

Total Sailor: Fit to Fight (TSFTF) Workshop

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Wednesday 17 June 2026

0800-1200 ALL HANDS (Gym Bldg 502) *Kickoff with RDML Jonathan Townsend, Commander, Navy Region Northwest*

Keynote Speaker

Ms. Isa Kujawski: "Boosting The Will To Live"



1300-1600 Individual Break-out Sessions

- TSFTF-Deckplate Leaders, TRIADs (NBK HQ, Bldg 443, Fireside Room)
- CMEO/CCS: Culture/Climate Brief (Fleet & Family, Bldg 491, Room 106)
- ADCO/DAPA/UPC: (Fleet & Family, Bldg 491, Room 228)
- Suicide Prevention: (Fleet & Family, Bldg 491, Room 121)
- CCCs / Career Development Bremerton (Gym, Basketball Court area)
- SAPR/VA/SARCs/SAPROs: (Recreation Center, Bldg 434, Multipurpose Room)



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