

★ ★ ★ PROJECT ★ ★ ★

# Welcome Home Troops

RESILIENCE TRAINING FOR OPTIMUM PERFORMANCE



- ✓ Better Sleep Quality Improved
- ✓ Mental Clarity
- ✓ Stress Relief
- ✓ Deep Mental Relaxation
- ✓ Optimal Performance

The Power Breath Meditation Workshop provides breath-based tools that decrease the stress, anxiety and sleep problems that many veterans experience. Course participants notice an improvement in relationships and an enhanced sense of mental clarity and well-being.

The PWHT Workshop is offered free of cost to veterans, active duty military members and their immediate family.

The Online Power Breath Meditation workshop is being offered December 6<sup>th</sup> – 10<sup>th</sup>, 6:00 - 8:30 pm MDT.

**Requirements:** Preregistration, computer or tablet, and internet access for all sessions. Please register at: <http://tiny.cc/upj6jz> or email [jim.warner@pwht.org](mailto:jim.warner@pwht.org)

"I never thought I would be this relaxed or this happy, says Tom Voss, I never thought this was possible"

**Newsweek**



A Stanford University study published in the Journal of Traumatic Stress found "There were signs of reductions in anxiety and [post-traumatic stress disorder] immediately after the one-week program. Those improvements were seen both one month and one year later, indicating the improvement may be permanent."

"Thank you for giving me a life worth living."

Travis Leanna, USMC, Veteran, Operation Iraqi Freedom

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