

Veterans Power Breath Meditation Workshop



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

FREE Workshop for Veterans, Current Service Members, and Families
Sponsored by [Help The Veterans](http://helptheveterans.org) (helptheveterans.org)

The Power Breath Meditation Workshop is a mind-body program that emphasizes techniques to build resiliency. It offers practical breath based tools that decrease stress, anxiety, anger, and sleep problems resulting in improved overall wellbeing.

Five-Day Workshop: Attendance to all sessions is required

Aug 1-5, 2018

Weeknights: 1800 – 2100 (6:00 PM – 9:00 PM)

Weekends: 1000 – 1400 (10:00 AM – 2:00 PM)

Venue: Wilmington VA Medical Center - Building 5

(1601 Kirkwood Highway, Wilmington, DE – 19805)

Space is Limited. To register please contact Leslye Moore

Email: leslye.moore@pwht.org Phone: 208-409-7806

www.pwht.org



Help The Veterans
Giving Back to America's Heroes

★ ★ ★ PROJECT ★ ★ ★

Welcome Home Troops

Resilience Training for Optimum Performance