

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 First Presbyterian Church of Milford, Fairway Mortgage, Beebe Team Members and Fellow Community Members.

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 at all sessions is required

May 1st, 2nd, 3rd 5:30PM – 8:30PM

May 4th 1:30PM – 6PM and May 5th 10AM -2:30PM

Location: Beebe Health Campus

McCurry Conference Room in the Medical Arts Building

18941 John J. Williams Hwy (Rt 24)

Rehoboth Beach, DE 19971

Registration is required. To register, please contact Chuck Foster.

Email: chuck.foster@pwht.org Phone: 978-314-7052

www.pwht.org



★ ★ ★ PROJECT ★ ★ ★

Welcome Home Troops

Resilience Training for Optimum Performance