

Bringing Peace of Mind to Veterans

“Thank you for giving me my life back.

- Travis, U.S. Marine Corps
Operation Iraqi Freedom



“After getting out of the Army I did not adjust well to civilian life. I was short-tempered toward everyone. After learning the breathing techniques most of my anger dropped away. Now I approach life with a calmness I never had before. On the rare occasions when I do get angry, I have easy-to-use techniques to relax and get rid of the stress. I have a new-found confidence to meet any challenge that arises.

*” – Ron Bayes, U.S Army,
Desert Storm*

VETERANS POWER BREATH MEDITATION WORKSHOP

The Power Breath Meditation Workshop is a mind-body resilience-building program for Veterans and Service Members. It offers practical breath-based tools that decrease stress, anxiety, anger, and sleep problems and improve well being.

Five-Day Workshop – Attendance at all sessions is required

Thursday Aug 13st to Monday Aug 17th

6:30pm - 9:30pm Weeknights,

10:00am - 2:00pm Weekends

Venue: Cincinnati, OH

Location: Cincinnati State Technical and Community
College

Workshop is offered at **NO COST** to Veterans & their Families.

Space is Limited. To Register Email: tom.voss@pwht.org or call (253) 495-0000

A Program of Project Welcome Home Troops: www.pwht.org