



Project Welcome Home Troops

Power Breath Workshop for Veterans



Training in highly effective stress relief practices

Workshop Benefits:

- ✓ Reduce Stress and Tension
- ✓ Relieve Anxiety and Worry
- ✓ Restore Normal Sleep Patterns
- ✓ Increase Energy and Well-Being
- ✓ Improve Focus and Clarity

Workshop is **FREE** for Veterans & Family

September 11th-15th 2014

Fort Collins, CO

Thursday, Friday & Monday evening - 6:30 to 9:30 PM
Saturday & Sunday - 9:00 AM to 3:00 PM

All sessions are essential to get full benefits

For registration & information please call
719-357-6108

"I have found these techniques can help relieve the stress and anxieties that combat Veterans contend with...I would recommend Veterans of all eras to take part in the program."

--Floyd "Shad" Meshad, LCSW/CTS
Vietnam Veteran, President & Founder
National Veterans Foundation

"The breathing techniques are the most effective way to alleviate stress that I've ever found. They are especially effective for treatment of depression, anxiety and PTSD."

--James Farrow, M.D. Col. USAF Ret.

"After getting out of the Army I did not adjust well to civilian life. I was short-tempered towards 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, Gulf Veteran

Limited spots available
Please register by August 1

Project Welcome Home Troops (PWHT) is offered by the International Association for Human Values (IAHV), a non profit, 501(c)(3), humanitarian NGO
www.projectwelcomehometroops.org