

Power Breath Workshop



- ✓ Resiliency Training
- ✓ Optimal Performance
- ✓ Enhanced Sleep Quality
- ✓ Improved Mental Clarity
- ✓ Stress Relief

Complimentary workshops for Veterans, current Service Members, and their loved ones. Attendance to all five sessions is required.

December 5 – 9, 2018

Wednesday, Thursday, & Friday: 6:30 pm - 9:30 pm

Saturday and Sunday: 10:00 am – 2:30 pm

**Location: Boise VA, Building 29, Learning Resource Center (LRC)
Room #104**

Space is Limited. To register or for questions contact Leslye Moore at leslye.moore@pwht.org or 208-409-7806 OR Treone Cooley at treone.cooley@pwht.org or 208-401-8443.

The Power Breath Workshop is a mind-body program that emphasizes techniques to build resiliency. It offers breath based tools that decrease various symptoms such as anxiety, anger, and sleep problems resulting in improved overall well-being. For more info: www.pwht.org

★ ★ ★ PROJECT ★ ★ ★

Welcome Home Troops

Resilience Training for Optimum Performance