# **Power Breath Meditation Workshop**

Stress Relief for Veterans & Military Service Members

#### Orland Park Library March 20 - 24

14921 Ravinia Park Avenue, OP, IL 60462
1pm - 4 pm Monday- Friday
All sessions are mandatory

## Learn How To Manage Stress On Your Own







## **Bring Balance And Focus Back Into Life**

\* Improve Sleep \* Increase Energy \* More Control Over Emotions \* Greater Resiliency
Learn how to use unique breathing practices to release stress from the body & mind.

The practices can be used daily for stress reduction and as needed for immediate reduction in anxiety or negative emotions. The workshop is free for veterans & family members.

"It really helps you to release issues you have, sometimes stuff you didn't even know you had, so go ahead and do it!" Rebecca, OIF Vet

"I took it after 8 months in Afghanistan. My mind calmed down & I slept like a baby. Practicing on my own, my focus & attention improved, I was cured of Crohn's disease and my blood pressure and cholesterol stabilized. I did something that clearly reduced my stress levels and contributed to the healing process." Dr. R. Carter, Manager for the Tactical Combat Casualty Care research program at the U.S. Army Institute of Surgical Research in San Antonio. Texas

### To Register Contact:

Amy Kienow-Paychek

**Orland Park Vet Center** 

(708) 444-0561



**Resilience Training for Optimum Performance**