

MINDFIT WORKSHOP FOR VETERANS

Sponsored by The American Legion as part of the Mid-Winter Conference



WHEN: Thursday March, 1st 2018,
2 separate 3-hour workshops
9:00 AM-12:00 PM and 1:00-4:00 PM

WHERE: Washington Hilton-Cardozo, Terrace Level
1919 Connecticut Ave NW
Washington, DC 20009

COST: **Free to Military Veterans & Family Members**

Do you experience...

- Trouble sleeping?
- Intrusive memories or spinning thoughts?
- Difficulty controlling anger or in feeling positive and optimistic?
- Drinking more than you wish (or significant others wish you did)?
- Depressed moods or mood swings?
- Guilt or regret?
- A strong need for adrenaline-pumping, risky activities to feel more alive?
- Poor interpersonal relationships?
- Or, other issues getting in the way of being at your best at work or at home?

Many veterans experience, to some degree, the symptoms of excess stress. This workshop will teach simple techniques to relieve and move past negative effects of stress, by building resilience and improving overall health. Common benefits of this training are:

- Increase energy throughout the day
- Sleep better
- Communicate more effectively
- Improve your attention and memory
- Better regulate your emotions
- Stabilize your moods
- Reduce reactivity to triggers
- And More

*For more information, contact Jared Smyser at jaredsmyser@avenircoaching.com.

[To register for the event, visit:](#)

<https://www.eventbrite.com/e/avenir-life-coaching-mind-fit-workshop-tickets-5957215191>

Workshop will be led by Marion Cain, US Army (Ret.), Chris Dixon, GySgt USMC (Ret.), Jared Smyser, USMC Veteran and Wellness Coach, and Colleen Mizuki, DoD Yellow Ribbon Reintegration Program, Masters in Psychology and brain-based resilience coach and trainer.