

★ ★ ★ PROJECT ★ ★ ★

Welcome Home Troops

RESILIENCE TRAINING FOR OPTIMUM PERFORMANCE



- ✓ Better Sleep Quality Improved
- ✓ Mental Clarity
- ✓ Stress Relief
- ✓ Deep Mental Relaxation
- ✓ Optimal Performance

The Power Breath Meditation Workshop provides breath-based tools that decrease the stress, anxiety and sleep problems that many veterans experience. Course participants notice an improvement in relationships and an enhanced sense of mental clarity and well-being.

The PWHT Workshop is offered free of cost to veterans, active duty military members and their immediate family.

Wednesday - Sunday, June 19th - 23rd, 2019
Weekdays 6:00 PM - 10:00 PM / Weekends 9:00 AM - 1:00 PM
Veterans Transition Center 220 Twelfth St. Marina, CA 93933
For More Information: www.projectwelcomehometroops.org
For Registration Information Contact Randy Berlin at
drrandyberlin@gmail.com or call/text (831) 626-6800

"I never thought I would be this relaxed or this happy, says Tom Voss, I never thought this was possible"

Newsweek



A Stanford University study published in the Journal of Traumatic Stress found "There were signs of reductions in anxiety and [post-traumatic stress disorder] immediately after the one-week program. Those improvements were seen both one month and one year later, indicating the improvement may be permanent."

"Thank you for giving me a life worth living."
Travis Leanna, USMC, Veteran, Operation Iraqi Freedom