



NYC VETERANS BALANCE BODY, MIND & SOUL



Veterans are invited to a one hour **information session**
on August 14th - 1:00 pm
to learn about a special program, beginning in September,
designed just for you.

Join us for this Zoom session to learn about a multi-week program sponsored by the NYC Department of Veterans Services, PFC Dwyer Veterans' Support Program in conjunction with AmeriCorps Seniors RSVP and the Staten Island Giving Circle designed to support every day living and includes:

- The Harmonteiks Project – a simple breathing technique that will help you reduce stress and improve mental clarity. It is easy to use and can be done anywhere.
- Transformational Living – short, reflective exercises designed to help you with personal growth and purpose-driven living.
- Bonding activities – connect with fellow veterans through shared experiences of helping others, enjoying a meal together, activities, or casual conversations.

Program will be held at the Staten Island Giving Circle Hub, 4170 Hylan Blvd., Staten Island beginning in September 2025. Breakfast and other incentives will be provided.

Scan Here to Register
for Info Session



AmeriCorps
Seniors

