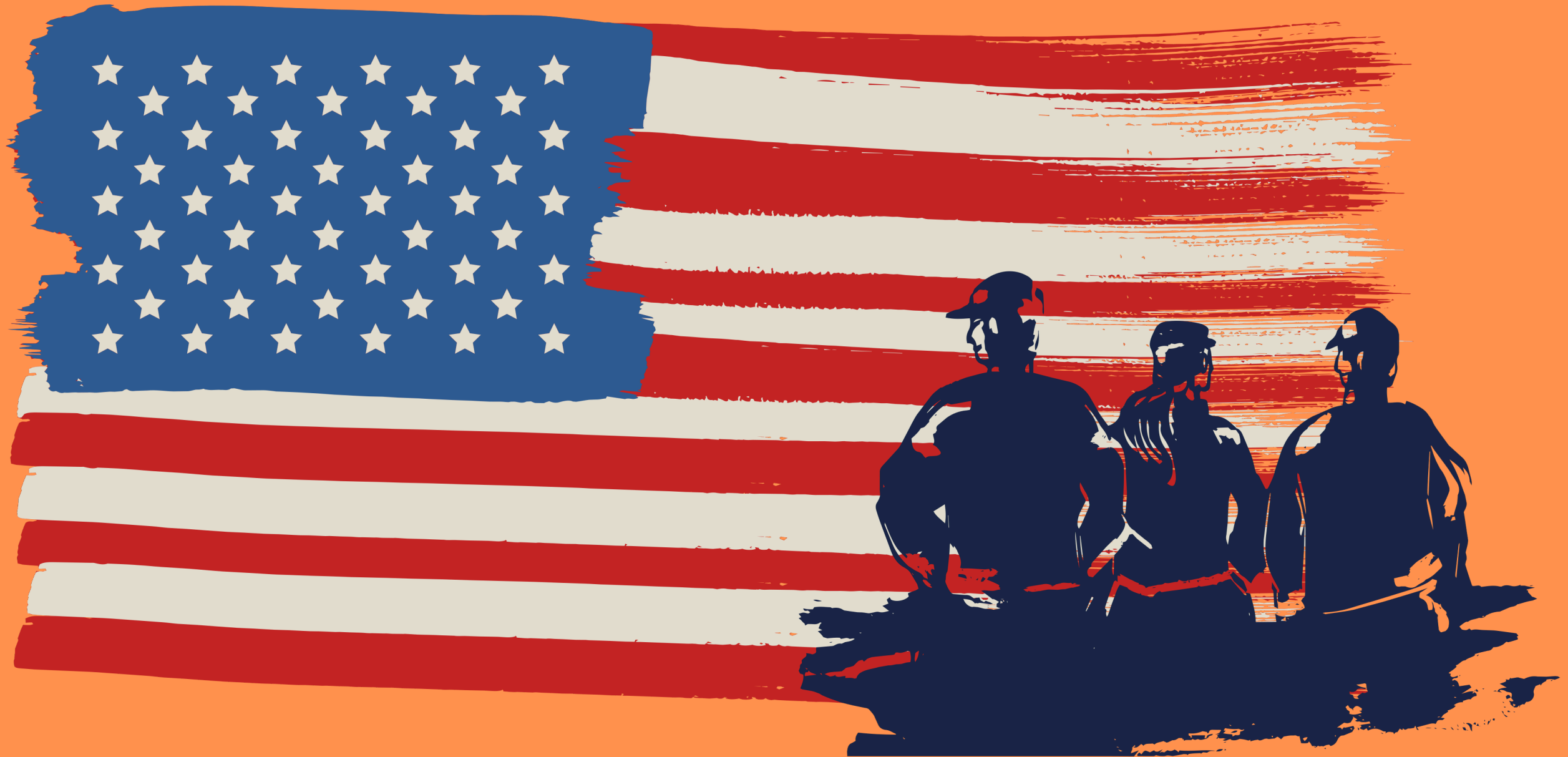


OPERATION M.O.V.E

(Motivate, Overcome, Visualize, Engage)



For adult Veterans, Caregivers, Family & Loved Ones

When: Every Month, 2nd Friday- Starting June 13, 2025

Time: 11am to 12pm

Location: Christian Parish For Spiritual Renewal

2044 Adam Clayton Powell Blvd NY, NY 10026

What to expect:

Stimulating icebreakers and discussions lead by Professional Coaches
Seated and standing exercises guided by a Doctor of Physical Therapy
Fun and engaging music
A safe , supportive space to connect and build community

RSVP: mtm@movetomotivatellc.com

Presented by:

