



NEW ENGLAND WARRIOR HEALTH AND FITNESS PROGRAM

Many Post-9/11 Veterans re-integrating into civilian life struggle to maintain their once healthy lifestyle, and that could lead to or worsen symptoms of depression and stress. Home Base's New England Warrior Health and Fitness program can get these men and women back on track.

This free, six-month program is held for Post-9/11 Veterans and run by Post-9/11 Veterans, designed to improve health and well being through supervised physical exercise, education about healthy eating, living, sleep hygiene, stress management and the health benefits of physical activity. Participants form a new band of brothers and sisters while losing weight and getting fit in the process.

Presented in collaboration with and sessions are held at Northeastern University.

PARTICIPANTS RECEIVE:

- Fitness Evaluations & Tailored Exercise Program
- Professional Nutrition Counseling
- Warrior Yoga
- Mental Skills Coaching

New cohort beginning
Saturday, May 13, 2017

To sign up or learn more, visit
homebase.org/newwarriorhealth

All Post-9/11 Veterans—amputees included—are encouraged to participate. Discharge status is not a determination for participation.

Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, heals invisible wounds for Post-9/11 Veterans, Service Members and their Families through world-class clinical care, wellness, education and research.



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Northeastern

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