National Women Veterans United Presents

★Peer -to -Peer Brunch ★

★ Trauma & Drama ★ You Can Manage It All ★

Duty ★ Honor ☆ Courage ★ RESILIENCE!

"Promoting the SAMSHA 8 Dimensions of Wellness"

Reverend Oluwatoyin "Toyin" Hines, MA, MS, MEd, LPC, NCC MAJ, Chaplain, Illinois Army National Guard

Counselor, Road Home Program Center for Veterans and Their Families atRush University Medical Center

Be all you can be!

Failure is not an option!

Adapt & Overcome!

Remember these slogans?

Finances

Failed relationships

Weight

Fear

Suicide thoughts

Always tired, can't sleep

You Need a Break!

Are you worrying? Always thinking about

Saturday, September 23, 2017 10:30 a.m. – 12:30 p.m. IL Community Military Women Veteran's Center 7907-09 S. Racine Chicago, IL 60620

(FREE) RSVP/Required - <u>nwvu.org@gmail.com</u> (872) 731-2150