

# New Veteran Programs 2012 @ VFW Morson-Ario



## 1. Women Veterans Social

Open to all Women, All Branches of Service, Any Years of Service (non member based)

- 6 PM Wed of Even Months
  - o (Feb, Apr, Jun, Aug, Oct, Dec)
- RSVP's appreciated 507-327-5502 or [caroline.wood76@gmail.com](mailto:caroline.wood76@gmail.com)
  - o Legionnaires <http://www.legion.org/veteransbenefits/womenveterans>
  - o VFW's She Serves <http://joinsheserves.org/>
  - o DAV <http://www.dav.org/news/NewsArticle.aspx?ID=491>

## 2. Veterans Mindfulness Group

Open to all Veterans, All Branches of Service, Any Years of Service (non membership necessary)

- 6 PM Wed of Odd Months
  - o (Jan, Mar, May, Jul, Sep, Nov)
    - Wear comfortable loose fitting clothing
    - Bring pillow or blanket - etc...to be comfortable
    - RSVP's Required 507-327-5502 [caroline.wood76@gmail.com](mailto:caroline.wood76@gmail.com)
    - No RSVP's class cancels
    - Appropriate for all ages and activity levels
    - Supportive of relaxation and stress recovery

## 3. Veteran Community Yoga

- Mini Session (Wednesdays in March at 8 PM)
  - o Mar 7, 14, 21, & 28
  - o Open to all Veterans or Families of Veterans
  - o Suitable for all. Modification/Chair program available with pre-coordination.
  - o Please bring a yoga mat and blanket
  - o RSVP's required – no RSVP class cancels

For questions contact  
Caroline Wood, Veteran Program Coordinator  
507-327-5502 [caroline.wood76@gmail.com](mailto:caroline.wood76@gmail.com)  
Registered Yoga Teacher - 200 hour  
Reiki, Meditation, & Wellness Coaching  
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