

Feeling anxious, frustrated, angry, uncertain? Meditation can help!

Warriors Supporting Wellness (MCADAMHS sponsored grant program) invites all first responders, military, and other community “warriors” to participate in free Warrior Meditation each day with **Save A Warrior!**

Three of our Warriors Supporting Wellness Instructors have experienced SAW and can attest to the value of regular daily meditation in dealing with anxiety signs and symptoms.

Beginning Monday, 23 MAR, Save A Warrior will hold daily meditation series hosted by SAW personnel. Go to <https://www.facebook.com/SaveAWarrior/> (go to Videos section) at 1000 EST or 1900 EST. Each session will last approximately forty minutes (instruction, meditation, debrief).



Having shown nearly 1,100 Warriors The Hero's Journey home; Save A Warrior™ (SAW™) is committed to ending the staggering suicide rate plaguing our veterans, active-duty military and first responders. We conceive, originate and produce Integrated Intensive Retreat (IIR) program experiences to transform the way our heroes live their lives. <https://saveawarrior.org/>

