

# HEALTHY MINDS BODIES

A FITNESS INITIATIVE FOR RETURNING MILITARY PERSONNEL WITH DISABILITIES



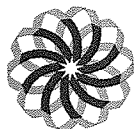
Turnstone recognizes the challenges faced by returning veterans with a physical disability. To meet their wellness needs, Turnstone, a designated Paralympic Sport Club, offers a unique, new program free-of-charge to qualified returning veterans. This program is made possible through the support of a grant from the Olympic Opportunity Fund.

Veterans accepted into Healthy Minds Healthy Bodies program will receive...

- ◇ Personal training sessions\* with a Fitness Specialist
- ◇ Six-month, Health & Wellness Center membership for veteran and for a spouse, partner or caregiver
- ◇ Post-rehabilitative home exercise materials

In addition, you will be invited to optional social events, which will offer an introduction to Paralympic sports, and offer you the chance to meet other program participants!

This program is being offered to a limited number of participants. \*Start date and duration of training sessions will be tailored to meet the individual needs of each client. An initial consultation with Turnstone is required to help us determine whether this program is right for you.



Turnstone

Visit our website at [turnstone.org](http://turnstone.org) or call Turnstone at 260-483-2100 and ask for Michelle to schedule your consultation.



FORT WAYNE