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PTSD AWARENESS

30 MIN OF ACTIVITY

**The Fieldhouse • 2817 9th St, Great Bend
June 29th, 2022 • 11:00AM – 1:00PM**

Join us in bringing awareness to PTSD and learn tools for coping by engaging in 30 min of activity, whether walking, running, or other activities suggested by the amazing staff/trainers at The Fieldhouse. No Charge to participate, by yourself or as a team. Light sack lunches will be available for \$5 or bring your own. Providers on site to give information about PTSD and resources to manage symptoms available in our community.

Partnership Event:

Avenues for Change, Central Kansas Debriefing Team and The Fieldhouse

If interested in being a resource for this event or registering yourself or a team, at no charge, contact Kelley Johnson, Kelley.johnson@a4change.org or call 620.796.2206