



Department of
Veterans' Services



Clear Path
FOR VETERANS



STRESS IS GONE
— with Brett Cotter —



Healing Haven For Military Spouses

WELLNESS RETREAT



DATE

November 14



TIME

9 a.m. to 4 p.m.



LOCATION

Clear Path for Veterans

1223 Salt Springs Rd,
Chittenango, N.Y.



FREE FOR ALL MILITARY SPOUSES!

This includes spouses of active-duty personnel, spouses of National Guard and Reserve personnel, and spouses of Veterans.



BREAKFAST & LUNCH PROVIDED

to all attendees!

Upon registration please let the Department of Veterans' Services know of any dietary restrictions.



CHILDCARE FUNDING AVAILABLE

Funding is available to cover childcare costs for the day. Provided upon request to the Department of Veterans' Services.

WHAT TO EXPECT

A full day of wellness, resources, and connection — all complimentary!



WELLNESS ACTIVITIES

- Chair Massage
- Yoga
- Sound Therapy
- Meditative Mindfulness
- Stress Reduction Workshops
- Clinical Nutrition Guidance
- Music Therapy
- And more!



RESOURCES & SUPPORT

- Legal Services
- Benefits Assistance
- TRICARE Assistance
- VA Medical Care Enrollment
- VA Home Loan Assistance
- Fresh Connect Checks
- And more!



RSVP: Via email to benjamin.pomerance@veterans.ny.gov
Deadline to RSVP is **November 4.**