

Dr. John E. Upledger Foundation
VETERANS THERAPY PROGRAM

November 18 - 22

JOIN US!

**RELEASING THE GRIP
OF PHYSICAL &
EMOTIONAL TRAUMA**

"Post Traumatic Stress Disorder is not an incurable, hopeless mental disorder. PTSD has been shown to have physical roots.

I hope you will join us in the years to come as we seek to eliminate PTSD from the trauma equation."

- Dr. John E. Upledger

Uf
Dr. John E.
Upledger
Foundation

Support Our Troops

Veterans Therapy Program

Veterans benefit from 20 hours of CranioSacral Therapy (CST) in a 5 day program at the Upledger Institute Clinic in Palm Beach Gardens, FL. Supportive group sessions are held daily to facilitate Veterans healing process.

Program Cost: \$3,200.00

CST is a gentle, hands-on method of evaluating and enhancing the functioning body's craniosacral system. CST supports and nourishes the body's central nervous system.



How Can You Help?

DONATE

Make a donation to the Dr. John E. Upledger Foundation PTSD Fund.

FACEBOOK FUNDRAISER

Share our Facebook's fundraiser by visiting our page, @upledgerfoundation, or create your own by selecting our Foundation.

FOOD FOR FUNDS

Choose a local restaurant to participate, choose a preferred day and time, and let us know. We will prepare & send you a promotional flyer as you spread the word in your community!

CONNECT US & RAISE AWARENESS IN YOUR PRACTICE

If you know of an organization or individual(s) that share the same mission, let us know!

Dr. John E. Upledger Foundation
www.upledger.org | Tax ID: 46-3462105



I Intend

**ON MAKING
THE WORLD A
TOUCH BETTER**

**BY SUPPORTING
DR. JOHN E. UPLEDGER FOUNDATION**

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CranioSacral Therapy

The craniosacral system is comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. By freeing the central nervous system to perform at its best, CST naturally reduces pain and stress, strengthens resistance to disease, and enhances health and well-being.

The Role of CranioSacral Therapy in Treating Post- Traumatic Stress Disorder

Traumatic Brain Injury Concussion * Combat Traumatic Stress
Panic attacks * Insomnia * Flash backs * Intrusive thoughts
Hypervigilance * Depression/Suicidal thoughts * Guardedness
Behavioral isolation * Chronic anxiety * Chronic pain issues

For More Information

Visit www.upleder.org to view video and written testimonials of Veterans who have experienced our program. Literature and past program test results are also available.

