

**Fw: Our Virtual Day of Wellness is this Saturday!!**

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**From:** Joseph Dwyer Veterans Peer Support Project <ntappin@scuv.org>

**Sent:** Tuesday, June 9, 2020 11:56 AM

To: academy.virtual.community@gmail.com <academy.virtual.community@gmail.com>

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***Joseph Dwyer Veterans  
Peer Support Project  
Virtual Day of Wellness  
Saturday June 13, 2020***

**Our Day of Wellness has been the highlight of the year for the last 6 years and even though we cannot meet together in person, we are excited to bring a variety of holistic alternatives to our Service Members, Veterans and their families in a VIRTUAL setting. We can't wait to spend the day with you!**

**SCHEDULE OF EVENTS**

**9 AM WELCOME -**

**Marcelle Leis, Air Force Veteran  
Director of Veteran Services,  
Association for Mental Health and Wellness**

**John Schultz, Marine Corps Veteran  
Program Director, Joseph Dwyer Veterans Peer Support Project**

**National Anthem - Sung by Evelyn Nowlin, Air Force Veteran**

**9:15 Tibetan Singing Bowls & Earth Gongs - Sound healing practitioners use sound to create a deep sense of peace and well being.  
Presented by Stacy Simbrom of the Reflection Project**

**9:45 Veterans Health Alliance of LI - Building a friendly Veteran community by promoting the health and well-being of LI Veterans and their families.  
Presented by Audrey Lewis, Army Veteran**

**10:00 Veterans Yoga Project - For the past 9 years, the Veterans Yoga Project has shared the practices of yoga and mindfulness with thousands of veterans and families who have used these tools to serve, grow, and connect.  
Presented by Deb Jeannette**

**10:30 LI Cares Harry Chapin Food Bank - Brings together all available resources to feed the hungry and food insecure on Long Island. Presented by Brendan Piper, Marine Corps Veteran**

**10:45 Benefits of Reiki - A Japanese technique that enables us to experience a profound sense of peacefulness and deep relaxation. Presented by Rhea Spina**

**11:00 Supportive Services for Veteran Families (SSVF) - Provides case management and assistance in accessing housing and support services. Presented by Rich Dellasso, Army Veteran**

**11:15 Benefits of Stretching (Using a chair or mat & rope or towel) - Stretching keeps the muscles flexible, strong and healthy, improve posture and help prevent injury. Presented by Kerri Kaley & Roni Bohlen**

**11:45 Northport VA Suicide Prevention Program - Learn what VA health care services are doing to prevent suicide and provide support. Presented by Nancy Olsen**

**12:00 Covid-19 Support for Military/Veteran Families - Presented by Dr. Mayer Bellehsen & Desiree Romaguera of the Unified Behavioral Health Center for Military and Veteran Families**

**12:30 Comedy Break Presented by Tugboat Manny, Navy Veteran**

**1:00 Suffolk County Veterans Service Agency - Do you know what benefits you qualify for as a Veteran? Veteran Service Officers can help as well as assist in filing claims with the VA. Presented by Melissa Pandolf, Air Force Veteran**

**1:15 Guided Art Therapy Session - Art Therapy can help us cope with medical challenges, stress, anxiety and other issues. Gather whatever art supplies you like to use! Presented by Jeanne Freed, LCAT**

**1:45 Suffolk County Department of Labor - Information and assistance on employment opportunities for Veterans and family members. Presented by John Sarno**

**2:00 Babylon Vets Center - Provides readjustment counseling in a caring manner to include individual, couples, family and group counseling to help meet the needs of Veterans, Active Duty Service Members and their families. Presented by Carol Wirth, LCSW**

**2:15 10 Minute Guided Meditation**

**JOIN US ON ZOOM & FACEBOOK LIVE**

**<https://zoom.us/j/92878980399>**

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