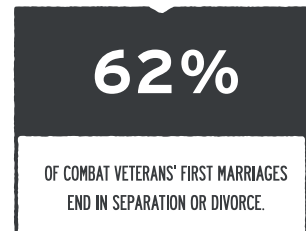
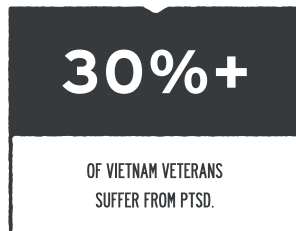




## HELPING OUR NATION'S VETERANS AND FIRST RESPONDERS FIND THEIR PATH TO HEALING

The Battle Within serves veterans and first responders whose battle with Post Traumatic Stress Disorder (PTSD) causes such unbalance in their lives,

it can lead to a spiraling downhill journey of anxiety, depression, shame, and isolation that tragically all too often ends in suicide.



## THEIR JOURNEY OF HEALING BEGINS TODAY

The Battle Within (TBW) was founded by more than 100 veterans, first responders, community leaders, and supporters who believe every warrior deserves the opportunity to heal from the traumas they've endured in

their service to others. It's through generous donations from individuals like you that TBW can provide this free program to our nation's warriors.

► To learn how to support them, visit our website at [THEBATTLEWITHIN.ORG](http://THEBATTLEWITHIN.ORG)

# HEALING THE WHOLE WARRIOR: BODY, MIND AND SOUL

The TBW program focuses on a free, five-day Revenant Journey. Created by warriors, each Journey offers a holistic approach that uses evidence-based

methods – including meditation, yoga, nutrition and fitness – that tend to the whole warrior; mind, body and soul.



## INSPIRE

During each Revenant Journey, warriors embark on their own personal Hero's Journey. There, they have the opportunity to discover and face their traumatic injuries while learning new tools to overcome them.



## EMPOWER

Graduates are welcomed into a community of 175+ alumni who are committed to continuing their journey toward lifelong change. Monthly alumni events, family support, and service opportunities empower continued growth and mutual support.



## EDUCATE

TBW provides continuing education programs to allow warriors to hone the skills they have learned during their Revenant Journey. Classes are designed to support warriors through their first 90 days of habit building for long-term healing.

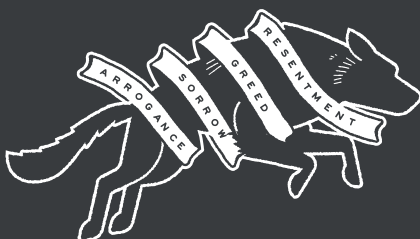
## WE ARE ALL FIGHTING A HARD FIGHT

An old Cherokee is teaching his grandson about life: "A fight is going on inside me," he said to the boy. "It is a terrible fight and it is between two wolves.

One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.

He continued, "The same fight is going on inside you – and inside every other person, too." The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?" The old Cherokee simply replied, "The one you feed."



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