

mettle /'medl/ noun

a person's ability to cope well with difficulties or to face a demanding situation in a spirited and resilient way



WEEKLY **METTLE** SESSIONS

COMMUNITY-STYLE ACUPUNCTURE/HEALING

**FREE OPEN GROUP FOR COMBAT VETERANS
OF ALL ERAS & ACTIVE-DUTY MILITARY**

**DD214 or current Military ID required • Walk Ins Welcome
*Pain • Headaches • Addictions • Anxiety • Depression • Insomnia***

**PLEASE ARRIVE AT LEAST 30 MIN. PRIOR TO THE END OF EACH SESSION.
MASKS & SOCIAL DISTANCING ENFORCED**

TUESDAYS • 5-7 PM

MARINE CORPS LEAGUE
99 New York Ave, Massapequa, NY

WEDNESDAYS • 12-2 PM

SAINT JAMES
220 W. Penn Street, Long Beach, NY

**SESSIONS WILL NOT BE HELD THE 3RD WEEK OF THE MONTH*



PEACEFUL MINDS

A Wellness Center for Combat Veterans

For more info or to preregister please text: 516-395-7007 or email mettlesessions@gmail.com

to sponsor a session or donate www.PeacefulMindsNYC.org

Peaceful Minds is a fiscally sponsored project with FJC a 501c3 foundation based in NYC