



The 'In One Peace Project', pioneered by Kathy Monkman LMT, was created to offer once a month of **FREE** treatments to returning service persons with Post Traumatic Stress Disorder (PTSD) and/or war-related injury.

The Advanced Myofascial Release Therapists of **TAVO Total Health** and **Body Connect Physical Therapy** are proud to join in this effort and offer this incredible service to our soldiers in the Metropolitan Washington D.C. area.

Please join us on the last Saturday of every month from 9am until 3pm at TAVO Total health in Chevy Chase, MD (www.tavototalhealth.com) for a **FREE**, full hour of one-on-one Myofascial Release treatments (the John F. Barnes approach). Please visit www.myofascialrelease.com for information on Myofascial Release (MFR).

As Kathy Monkman states, "We are here to serve those who are serving us"; so we will be honored to help you get back to living your life; healthy, happy and **In One Peace/Piece!**

Eligibility Requirements:

1. Must be a service man or woman returning from the current conflict and suffering from symptoms of PTSD and/or body/head injury.
2. Participants must read 'Waking The Tiger' by Peter Levine PhD, which explains why we approach healing trauma in the ways we do. Book available at www.amazon.com

These **Free** sessions are by appointment only. Please call Letitia at (301) 652 2522 to schedule your appointment. Please check out www.inonepeaceproject.org/ for more information.