

<u>Mindknit Non-Profit</u> <u>Presents:</u> "<u>Veterans Adaptive Therapy with Judo</u>" MindKnit Research Non-Profit & VA Medical Center Partners

Saturday Feb 8; 12:30 - 2:30 The Compound, 12210 Plum Orchard Dr Silver Spring MD

"<u>Veteran Warriors turn Hidden Injuries into Health &</u> <u>Strength"</u> Veterans Adaptive Judo Techniques: Teach all Martial Arts for Cognitive & Physical Challenge Inclusion, Veterans Health National Pilot, Sensei Mayer Max

Veteran Demonstrations, VA Med Center Veterans (from 20s To 70s) show new "Warrior Martial Arts" <u>Guest Speaker:</u> Sensei Jim Bregman, First-Ever US Olympic Judo Medalist, Tokyo Olympics



"Adaptive Therapy with Judo" Team "Warriors for Life"



Sensei Jim Bregman,10th Degree JuDan

FaceBook: @MindKnit Research