



September 2022

## Thank you for your service



On Sunday, September 11, a National Day of Service and Remembrance, we think of and honor all those who lost their lives in the terrorist attacks—including 17 firefighters who served in the United States Marines. Our lives were changed forever that day; we will never forget.

## Did you know?

September is National Suicide Prevention Month. Suicides are at an all-time high for both active-duty military and veterans of all service branches. If you are thinking of suicide or know someone who is in crisis, call **988** and press 1 for free, confidential help designed for service members and veterans. This new, shorter number, which launched nationwide in July, is specifically for mental health crisis services (like 911 is for medical emergencies).



To learn more about depression and suicide and how you can help yourself or others, go to [findyourwords.org](https://findyourwords.org).

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## September Events: Join Us!



**Yoga in the Park**  
Stay strong, stay balanced

**September 6, 2022 Noon – 1:00 p.m. Marietta**

Learn to improve your balance and flexibility, relieve stress, and ease physical and mental pain. Sign up and attend and you might go home with a **FREE yoga mat** or a **\$50.00 Amazon gift card!** FREE lunch provided for all attendees.

[Learn more and register](#)

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**Yoga in the Park**  
Find your inner peace

**September 16, 2022 9:30 – 10:30 a.m. Atlanta**

Learn to improve your balance and flexibility, relieve stress, and ease physical and mental pain. Sign up and attend and you might go home with a **FREE yoga mat** or a **\$50.00 Amazon gift card!** FREE lunch provided for all attendees.

[Learn more and register](#)

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**Salad and Salsa—Arriba!**  
Virtual Cooking Demonstration

**September 29, 2022 Noon – 1:00 p.m.**

Learn how to spice up your mealtimes and get the kids to eat their veggies! **The first 25 to register and join will receive a \$25.00 Kroger gift card.**

[Learn more and register](#)

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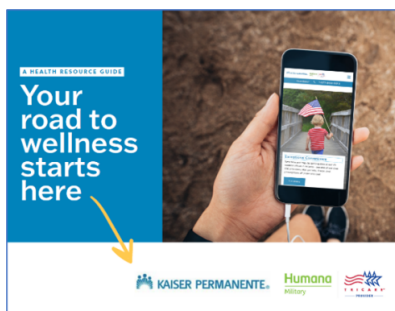
**Health and Wellness Fair**  
Lunch is on us!

**September 30, 2022 10:00 a.m. – 2:00 p.m.**

TRICARE® beneficiaries—get your blood pressure and BMI checked and learn how to get the most out of your military and health benefits. **The first 25 to register and attend will receive a \$25 Amazon gift card.**

[Learn more and register](#)

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## Better health and wellness is here

Our FREE exclusive Health and Wellness Guide can help keep you strong in body, mind, and spirit with a wide variety of free resources you can access at any time. **Download it now!**

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