

FOR IMMEDIATE RELEASE

Women Veterans Invited to Health and Wellness Summit
Free Event Includes Workshops on Healing and Holistic Therapies

Sunday, May 20, 2018 at the CV Rich Mansion, White Plains

WHITE PLAINS, NY, May 8, 2018 – Women Veterans are invited to attend the first ever Health and Wellness Summit sponsored by the Barbara Giordano Foundation on Sunday, May 20, 2018 at the CV Rich Mansion, 305 Ridgeway, White Plains, NY from 10am to 4pm. This free event, open to all military women (including active duty, reservist or veteran) will feature massages, reiki, and reflexology by area practitioners who have volunteered their services.

There will be workshops on the health benefits of acupuncture and meditation, and a session offering support for those facing the trauma of Military Sexual Abuse. Former US Army Nurse, Charlene Marx, RN will demonstrate the effectiveness of a non-invasive healing energy practice known as Polarity Therapy that calms and sedates the central nervous system. “One of the exciting new ways of offering relief for those suffering from anxiety and PTSD,” says Marx.

“This Summit builds on our strength as a holistic resource center for women veterans,” says Virginia Giordano, Founder and Chair of the organization created in memory of her sister, Barbara. “We’re excited to offer a day designed just for the woman veteran, whether they’ve newly returned from active duty or served their country years ago. Our goal is to make sure that our Women Veterans receive the help they need to successfully transition from military to civilian life.”

For more information, or to register for this event, contact the Barbara Giordano Foundation www.giordanofoundation.org/events-3/, or phone (914) 686-8002.

The Barbara Giordano Foundation, Inc. is a 501(c)3 operating nonprofit foundation providing programs and services directly to women veterans. Its mission is to be holistic resource center bringing together business, education, wellness and military community members to provide women veterans with opportunities for long-term economic independence and personal empowerment.