

FOR IMMEDIATE RELEASE:  
January 19, 2023

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## Kick-Start 2023 with the NVMM: Goal-Setting that Works and Free Fitness Classes Now Available to Public!

COLUMBUS, Ohio – The New Year is the perfect time for a fresh start! For those who need some assistance sticking to a resolution, setting goals or getting a new wellness routine in motion, the [National Veterans Memorial and Museum \(NVMM\)](#) offers the following opportunities in January and beyond.

### [Resolutions that Last: Attainable Goal Setting Strategies](#)

Learn how to create achievable goals and make them work for you during our latest [Rally Point program](#) with Jacki Carr, goal coach, speaker and writer. During our conversation, Carr shared techniques and strategies that allow people to share their unique gifts with the world. She explained how the dynamic combination of vision, values and goal setting can strengthen accountability and support your next evolution of self. Watch the discussion on the NVMM [YouTube channel](#) and [Facebook page](#).



The [NVMM Resilience and Wellness Program](#) creates and strengthens connections among Veterans and between Veterans and civilians through free and accessible Brazilian Jiu Jitsu and Yoga classes; a Memorial Day Run, Walk, Ruck and Roll; Wellness Weekends and more. Jiu Jitsu classes are currently offered at 6:30 a.m. during the week and at 9 a.m. on Saturday and Sunday. Yoga class currently takes place Sundays at 9 a.m. and will be expanding to additional days/times this spring. All NVMM Resilience and Wellness classes are taught by certified professionals. Please check the NVMM website for details at: <https://nationalvmm.org/resilience/>.



### [Free Jiu Jitsu Seminar with Josh Simon \(January 28, 9 a.m.\)](#)

Guest professor, Josh Simon, will teach the NVMM's first Jiu Jitsu seminar of 2023. Simon is a Third-Degree Black Belt from the [Gracie Ohio](#) training center. This seminar is free for attendees, but registration is required. We believe in having a welcoming and safe learning environment for all levels of experience; Beginners to advanced individuals are welcome.

About the National Veterans Memorial and Museum

The National Veterans Memorial and Museum takes visitors on a narrative journey telling individual stories and sharing experiences of Veterans from all military branches throughout history. [The National Veterans Memorial and Museum](#) pays tribute to the sacrifices of men and women in service and their families. History

is presented through a dynamic, participatory experience with photos, letters and personal effects, multi-media presentations, and interactive exhibits. Together, these elements link our national story of service to the larger context of the world.

**RESILIENCE & WELLNESS PROGRAMMING IS MADE POSSIBLE THROUGH THE GENEROUS SUPPORT OF:**



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