

FOR IMMEDIATE RELEASE:
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NVMM Invites Public to Wellness Weekend Events March 11-12!

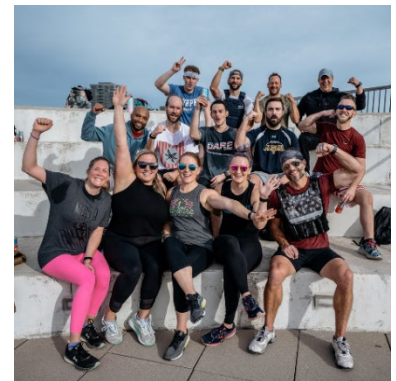
*Free experiences include Jiu Jitsu, Fly Fishing and Mid-Ohio Food Collective Resource Fair:
Resilient Warrior Retreat is a ticketed day-long event*

COLUMBUS, Ohio – The National Veterans Memorial and Museum (NVMM) is holding a [Wellness Weekend](#) on March 11-12 with a variety of hands-on classes open to the public. A jiu jitsu seminar, fly fishing and Resilient Warrior Retreat are all offered to help restore participants – both in mind and body. Since March is Women’s History Month, we have some amazing women from the wellness community who will be leading classes and providing techniques and practices to begin the wellness journey.

[Jiu Jitsu Seminar with Laurah Hallock](#)

March 11 / 9 a.m. | FREE

Brazilian Jiu Jitsu black belt and women’s self-defense coach, Laurah Hallock, will lead a Jiu Jitsu Seminar. As a teenager in Texas, Hallock accepted a friend’s invitation to a self-defense class offered through a local Brazilian Jiu Jitsu academy. She began taking jiu jitsu classes shortly after. Hallock is a black belt under the tutelage of Vitor Henrique Oliveira and a member of the GF Team (Ohio) in jiu jitsu’s sporting circuit. She is considered one of the best athletes of her generation. [Registration](#) is required.



[Mid-Ohio Food Collective Resource Fair](#)

March 11 / 10 a.m. – 2 p.m. | FREE

Stop by the [Mid-Ohio Food Collective](#) Resource Fair to learn about social services available to residents of Franklin County, Ohio. Organizers are holding the fair to share available services and programs and help our neighbors determine if they qualify for various assistance opportunities. The Mid-Ohio Food Collective and NVMM welcome all our community members to stop by and join in on fun activities.

[Fishing for Mental Health: Fly Fishing 101](#)

March 11 / 12 p.m. – 3 p.m. | FREE

Anglers of any level and those interested in learning about the therapeutic properties of fly fishing are invited to expand their mental health tackleboxes with Project Healing Waters Fly Fishing. Instructors from Project Healing Waters will provide fly tying and casting lessons to participants of all skill levels. Attendees will learn about the physical and mental health benefits of fly fishing, how the practice provides a tranquil space for reflection and community building. [Registration](#) is required.



[Resilient Warrior Day Retreat with Jen Ballou](#)

March 12 / 9 a.m. – 4 p.m. | \$40 per person

Join NVMM deputy chief of staff and certified yoga instructor, Jennifer Ballou, Master Sergeant, U.S. Army (Retired) at the Museum for an exclusive day retreat that will provide participants with a toolkit created by [Warriors at Ease](#) to support overall wellbeing and resilience. While cultivating nervous system regulation and mindfulness practices, Ballou will teach attendees about the valuable building blocks necessary to start a wellness journey including: The anatomy of stress, importance of sleep, practice of gratitude and more!

Gentle movement will also be included. Yoga mats, other retreat materials and lunch will be provided. Purchase tickets [here](#).

Resilience and Wellness Program

In addition to special Wellness Weekends hosted throughout the year, the NVMM connects Veterans to one another and our communities through our [Resilience and Wellness Programming](#). Free, accessible jiu jitsu and yoga classes taught by certified instructors at the top of their respective fields are offered regularly at the Museum.

Beginning March 2 at 6 p.m., the NVMM will launch a second weekly yoga class! (Yoga is currently offered Sunday mornings at 9 a.m.) This new class will alternate every other week between Power Flow Yoga and Meditation and will be taught by Jennifer Ballou. The Museum maintains a welcoming and safe learning environment for all levels of experience. Everyone is invited to participate and connect.

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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