

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

Free Jiu Jitsu Seminars Saturday and Sunday, Fly Fishing Class and Mid-Ohio Food Collective Resource Fair. Resilient Warrior Retreat all day Sunday

WHEN: Saturday, March 11 (9 a.m. – 3 p.m.); Sunday, March 12 (9 a.m. – 4 p.m.)

WHAT: NVMM hosts hands-on classes open to public for [Wellness Weekend](#)

WHERE: [National Veterans Memorial and Museum](#), 300 W. Broad St., Columbus, OH 43215

The National Veterans Memorial and Museum (NVMM) is holding a Wellness Weekend on March 11-12. Two jiu jitsu seminars, fly fishing and Resilient Warrior Retreat are all offered to help restore the mind and body.

Saturday, March 11

[Jiu Jitsu Seminar with Laurah Hallock, Free, 9 a.m.](#)

Brazilian Jiu Jitsu black belt Laurah Hallock will lead our jiu jitsu seminar in celebration of Women's History Month. As 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, Free, 10 a.m. – 2 p.m.](#)

Stop by the [MOFC 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 and participants are invited to join in on fun activities.

[Fishing for Mental Health with Project Healing Waters, Free, 12 – 3 p.m.](#)

Project Healing Waters Fly Fishing will provide therapeutic, hands-on fly fishing lessons to participants of all levels covering fly tying, casting and more. Class leaders will share how fly fishing provides physical and mental health benefits, provides a tranquil space for reflection, teaches resilience and builds community. [Registration](#) is required.

MEDIA ADVISORY

Sunday, March 12

NEW! [Jiu Jitsu Seminar with Matt Larsen, Free, 9 a.m.](#)

Matt Larsen, career U.S. Army Ranger and Black Belt Hall of Fame Member, is best known as a hand-to-hand combat expert and the father of the U.S. Army's Modern Army Combative Program. Larsen will lead a special jiu jitsu seminar on Sunday for all experience levels. [Registration](#) is required.

[Resilient Warrior Day Retreat with Jen Ballou, \\$40, 9 a.m. – 4 p.m.](#)

Join NVMM deputy chief of staff and certified yoga instructor, Jennifer Ballou, Master Sergeant, U.S. Army (Retired), for a day retreat providing 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! All are welcome. Purchase tickets [here](#).



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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