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Find Your Fit During the NVMM Wellness Weekend, August 5-7

New York Times Bestselling Author Talk, Exhibition Tour with Creator/Authors, Yoga, MVP Wellness Discussion and Free Jiu-Jitsu Seminar with GracieOhio

COLUMBUS, Ohio – The National Veterans Memorial and Museum (NVMM) today announced the museum is hosting [Wellness Weekend](#) August 5-7, a series of six public events created to promote physical and mental wellness. Programs and events draw heavily on the expertise of Veterans from our newest exhibition, *The Twenty-Year War: Our Next Greatest Generation*, and highlight Veterans continuing to serve others after their military service.

“Wellness Weekend is a natural intersection between our growing Wellness and Resilience classes and Veterans from the 20-Year War who are giving back and caring for our communities,” said Lt. General Michael Ferriter, U.S. Army (Retired), president and CEO of the National Veterans Memorial and Museum. “We are excited to present a weekend to share the collective experience of the amazing Veterans involved to help all in attendance and online find their path to physical and mental wellness.”

Wellness Weekend events are open to all ages and levels of experience. [Registration is required for both free and paid ticket programs](#). Following is an overview of Wellness Weekend experiences including in-person and virtual opportunities. All in-person events take place at the NVMM.

August 5: [The Twenty-Year War: Our Next Greatest Generation](#) Exhibition Tour, 4 p.m. (In-person)

The weekend kicks off with a tour of the NVMM’s current exhibition by authors/creators – [Dan Blakely](#), [Tom Amenta](#) and [Beau Simmons](#). Guests will hear behind-the-exhibition stories from the trio as Simmons traveled the country photographing and talking with 71 Veterans who were profiled in “The Twenty-Year War” book that led to the exhibition. The tour is included with tickets for the “Scars and Stripes” discussion.



August 5: “Scars and Stripes: An Unapologetically American Story of Fighting the Taliban, UFC Warriors, and Myself” Book [Discussion with Nick Palmisciano](#), 5 p.m. (In-person)

The NVMM is proud to host a discussion around the *New York Times* best-selling book, “Scars and Stripes,” co-authored by U.S. Army Veterans, [Tim Kennedy](#) and Nick Palmisciano. The book is an inspirational memoir of life lessons and resilience as an active-duty master sergeant, Green Beret, UFC headliner and black belt in Brazilian Jiu Jitsu. Palmisciano is an Army Ranger Veteran, Vetpreneur and founder of Ranger Up. He was on the ground with Save Our Allies, an organization that rescued 12,000 refugees as the U.S. withdrew from Afghanistan. Dan Blakely and Tom Amenta will join Palmisciano for a thought-provoking discussion. Books



signed by Tim Kennedy will be available for sale. Adult tickets are \$20 and may be [purchased from nationalvmm.org](http://nationalvmm.org).

August 6: FREE [Jiu Jitsu Seminar with Robin Giesler, GracieOhio](#), 9 a.m. (In-person)

Join Robin Giesler, sixth degree blackbelt, and Lt. General Michael Ferriter, U.S. Army (Retired), NVMM president and CEO, blackbelt, as they walk guests through the jiu-jitsu fundamentals of teamwork, respect and character. Participants are invited to join Giesler and Ferriter on the mats for hands-on learning (wear a Gi or workout attire) or to learn through observation. The seminar will illustrate how jiu-jitsu connects people and helps conquer daily challenges. If you're interested in learning what jiu-jitsu is all about, this is the event for you!



August 6: FREE [Rally Point: Uplifting Veterans through Physical Fitness](#), 11 a.m.

(Virtual on YouTube & Facebook) We're heading to California for our next Rally Point with [Nate Boyer](#) of Merging Vets & Players (MVP). Boyer is a U.S. Army Green Beret, Veteran and former NFL player for the Seattle Seahawks. He is a co-founder of MVP along with Fox Sports NFL Insider, Jay Glazer. Nate will share the power of merging Veterans and former professional athletes and explore how MVP unlocks the potential of our Veteran community through physical fitness and peer-to-peer support. [Subscribe here](#) to make sure you don't miss this insightful event.



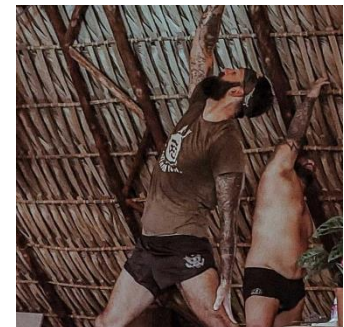
August 6: [Purple Heart 5K Run](#), 7:30 p.m. (In-person and Virtual)

In recognition of Purple Heart Day on Sunday, The Buckeye Purple Heart Foundation's Annual 5K Run/Walk will step off from the NVMM on Saturday evening. This special day honors all our nation's brave servicemen and women who were killed or wounded in action. Participants will experience the NVMM, 5K trail and skyline of Columbus lit up in purple to honor all Purple Heart recipients. All participants will receive a T-shirt and commemorative coin. [Register for the run here](#).



August 7: [Yoga Class with Phil Sussman, American Yogi](#), 10 a.m. (In-person)

Join us for mindful movement with U.S. Army Veteran, Phil Sussman, co-founder of American Yogi. He will lead a slow, mindful, vinyasa-style class for all levels and abilities with a strong focus on breath and finding calm within. Phil's goal is to make yoga more accessible and help all men and women find a vehicle to peace. Class is limited to 40 participants, and a yoga mat is required. [Tickets are \\$10 and available here](#).



The [NVMM offers FREE Veterans Jiu-Jitsu Classes](#) to all ages and experience levels (Veterans and civilians alike) Thursdays at 6 a.m. and Saturdays and Sundays at 9 a.m. A [FREE Balanced Warrior Yoga Class](#) is open to all on Sundays at 9 a.m. with registration.

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.