



LIVING FREE NEWS

Newsletter for the veteran families of Charlottesville

Fall 2017

Important Dates:

- Tuesdays in Sept: Comedy Workshop at The Hyatt Place
- Monday Oct 2nd FEARLESS begins
- Monday Nov 20 FOCUS begins

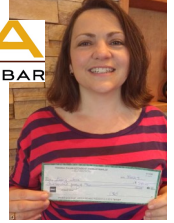
July and August were big fun for Living Free this summer!



ALTAR'D STATE stand out for good.



TRAVINIA ITALIAN KITCHEN & WINE BAR



EVENTS



Altar'D State made Living Free their Mission Monday program through the month of July and presented LF with a check totaling 10% of their Monday sales! TRAVINIA Italian Kitchen hosted a donation event in August and generously shared 15% of their total receipts! Robin Hoffman Art and 100 Faces also shared their talents to make the night a success. It is clear that Charlottesville loves her Veterans and their families!

LF's first ever Healing Through Comedy Workshop got off to a great start Sept 5th! Ty Cooper brings a welcomed perspective to the stories of our lives. A big THANK YOU to Ty, the Hyatt Place Stonefield for hosting and to Mission BBQ for helping to make this a special event!

COMMUNITY PARTNER SPOTLIGHT






On Aug 12, Living Free Families enjoyed a FREE Veteran retreat @ Wildrock. It was a HUG success! Keep your ears open for more fun with the Wildrock team! visit: <https://www.wildrock.org/veteran-get-away/>

"I love, love, love this program!"

-Spouse Active USAF



"Humor is the sunshine of the mind".
-Edward G. Bulmen-Lytton

Don't miss out on all this good stuff. Check Living Free out TODAY!

Watch the new promo video by Lifeview Marketing here: <https://www.youtube.com/watch?v=LMYFPhH-Muw&t=36s>

Fearless Family

Building Stronger Families One Fun Memory at a Time



Mondays Oct 2nd– Nov 6 5:30-8:00pm FREE Family Fun!

550 Buck Mtn Rd Earlysville, Va 22936

Dinner, family Tai' Chi, activities and small groups for all ages of all active duty and formerly active military personnel and their family members.

Small groups include: Family Mission, Personal Growth, PTSD Care group for caregivers, Team building groups for kids & Care group for Teens of parents who have experienced trauma.

To Register or Contact Living Free:

<http://www.livingfree2gether.org>

livingfree2gether@gmail.com