



# LIVING FREE NEWS

Newsletter for the veteran families of Charlottesville

## LFREE EVENTS

**Sun Sep 16, 2018**  
**FREE Kick Off Party 4-6**  
 Maple Grove Church  
 3210 Proffit Rd 22911 Mission BBQ, Jumping Castle & Fun Activities for All Ages!  
 For more info or to RSVP: [Living-free2gether@gmail.com](mailto:Living-free2gether@gmail.com)  
**Download Invitation Below**

**Sat Sept 29, 2018 2-7pm Free**  
**Workshop: Life After the Military** by Kevin & Myra  
 Blanchard@ Wildrock 6600 Blackwells Hollow Rd Crozet.  
 RSVP:  
[www.myra Khanblanchard.com/events/](http://www.myra Khanblanchard.com/events/)

**Mon Oct 1, 2018 5:30-8pm**  
**FREE Fearless Family Workshop** Chestnut Grove Church 550 Buck Mtn Rd. 22936 Registration is open.  
**Download Flyer Below**

**Sat Oct 20, 2018 2-7pm**  
**FREE FALL Family Get-Away @ Wildrock** 6600 Blackwells Rd Crozet  
 RSVP: [info@wildrock.org](mailto:info@wildrock.org)

**Nov 19, 2018 5:30-8pm**  
**FREE FOCUS Communication Workshop**  
**More Information to Come**  
*"This program is so amazing for veterans AND their spouses. There is so much learning that benefits the entire family. **Military families NEED this.**" -spouse of ret US Army combat vet*

## Fall 2018



Summer began with the wonderful 4 Our Freedom 5K in June. ParadeRest's 4OF5K is a consistent & generous supporter of Living Free. For 4 years they have helped to make LFree a reality.

Random Row Brewery hosted a special BINGO benefit that was great for the entire community. We hope to be able to do that again soon!



Jubilee Family Chiropractic shared their time & money with us by hosting a fun and informative Living Free "Dinner with the Doc" at Timberwood Grill.



For something a little different, we took our Living Free party out to King Family Vineyard for a Polo Match in July. It was a beautiful day with beautiful people.



Fine Earth Adventure Race of Harrisonburg generously shared some of their hard earned proceeds from their race in June with LFree. It was an amazing event to watch. LFree hopes to field a team in 2019!

## COMMUNITY PARTNER



This Brewery is more than just a bar. It is a center for community. Instead of investing in advertising, this two man show invests in non-profits. Each week, organizations & teams of all kinds find a supportive place to gather & make some funds for their causes. Check out: [www.randomrow.com](http://www.randomrow.com) for a complete schedule of events.



We finished the summer right with our second ever Healing Through Comedy Workshop featuring: Ty Cooper at the Hyatt Place. Thank you to everyone who made this summer the best yet!



Promo video: <https://www.youtube.com/watch?v=LMYFpH-Muw&t=36s>

**Fearless Family**  
 Building Stronger Families One Fun Memory at a Time



Join us Mondays Oct 1-Nov 12 (no mtg Nov 5) for our **FREE** weekly Fearless Family Group 5:30-8:00pm  
 590 Buck Mountain Rd Earlysville, Va 22936

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

Small groups include:

- How to build cohesion in your relationships
- Leadership workshop
- PTSD Care group for spouses
- Zorn Vongal Battle Game for Teens
- Yoga classes for Adults & Teens

RSVP: [livingfree2gether@gmail.com](mailto:livingfree2gether@gmail.com)  
[Livingfree2gether.org](http://Livingfree2gether.org)  
 804.218.5505



**2018-19 Kick Off Party**

**WE WANT YOU!**

All Past & Present Military Personnel & Their Families Are Invited

3210 Proffit Rd Charlottesville, Va 22911  
 Sunday, September 16th 4-6PM

FREE Mission BBQ & Activities for All Ages

RSVP: [livingfree2gether@gmail.com](mailto:livingfree2gether@gmail.com) 804-218-5505  
[livingfree2gether.org](http://livingfree2gether.org) FB: livingfree2gether

