### April 2015

**Binghamton Vet Center, 53 Chenango St., Binghamton, 13901 (607)-722-2393**

**www.vetcenter.va.gov**

**COMING SOON!!!**

**Binghamton Vet Center Book Club & Garden Club. Ask your counselor!**

*April 22nd Talk 2 a Lawyer is covering Bankruptcy, Landlord/tenant and Debt Collection!*

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**Healing through Nutrition**

Learn to heal your body & mind through nutrition & other lifestyle choices; enjoy delicious & nutritious food

4/24 11:30a-1pm

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**COMBAT VETS SUPPORT GROUP**

Find support from other veterans ~

Tuesday

4/7 & 4/21 from 6-7:30PM

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**Veteran Movie Night**

4/24/15...6pm

Bring a vet who’s never been here!

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**Mindful Stress Reduction (MSR)**

Learn meditation & gentle yoga to manage stress, pain, anxiety, depression, & sleep disturbance; appropriate for All, No experience needed!

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Groups in black text are Closed groups. Ask your counselor about it. Call in advance to register for all groups.

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There are many ways to heal & cope with problems. Ask us about individual & couples’ counseling, and our wide—range of classes (e.g. meditation, yoga, music, writing, nutrition, equine-therapy...)

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