

They are Battle Buddies on the Battlefield Now they need a Bubble Buddy

<http://heartbeatforwarriors.org>



Adopt a Scuba Warrior, become that Bubble Buddy

To become a Bubble Buddy you can make a pledge of \$200 to cover the cost of one of our courageous wounded warriors to become certified. The cost is little compared to the benefits. Therapeutic scuba diving is an activity that helps patients improve muscle strength, mobility, cardiovascular strength, blood flow, confidence, and emotional well-being. It decreases pain significantly. This popular, rehabilitative activity has produced positive results for many years. Therapeutic scuba diving is a unique healing activity because water reduces the forces of gravity, which are hard on the body. Water offers a weightless and cushioning environment that gently supports muscles and limbs. This allows patients to use body parts previously too painful to move, injuries seem to disappear. This offers a liberation not found on land.

For more information contact ken@heartbeatforwarriors.org

Let the Healing Begin...

Monetary donations to adopt a warrior can be made on line or mailed to
Heartbeat Serving Wounded Warriors/Scuba Warrior Program

P.O. Box 704

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www.heartbeatforwarriors.org