



Emergence Health Network

El Paso Center for Mental Health/Intellectual Disabilities

For Immediate Release
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Veteran One Stop Center Offering Yoga Therapy for Veterans and Their Spouses

(El Paso, TX April 2019) The Emergence Health Network Veterans One Stop Center is now offering Yoga as therapy for El Paso veterans and their spouses. Yoga is known to help relieve stress and anxiety, but it can be especially helpful for veterans who suffer from a list of concerns such as Post Traumatic Stress Disorder (PTSD) “We have counseling services available for our vets and their families, but this next level of care is really exciting,” said Noreen Jaramillo, EHN Director of Communications.

Yoga at the Veterans One Stop Center is offered every Monday and Wednesday and includes iRest Restorative meditation yoga. “iRest is a type of meditation that can help people work their way through life’s challenges and heal unresolved issues and traumas,” said Kellie Burns-Franco, EHN Program Manager of Veterans Services. “I understand how some veterans might be reluctant to try yoga, but these men and women could be pleasantly surprised how beneficial this type of inner healing or therapy can be.”

Participants are asked to call ahead to register at the Veteran’s One Stop Center 915-747-3590. They must also provide their driver’s license, veteran ID or DD214, proof of El Paso county residence such as utility bill. Spouses must also bring marriage certificate and driver’s license.

Veteran’s Yoga

Media Interviews available with yoga instructor and veteran participant

When: Wednesday, April 24, 2019

Time: 6 pm – 7 pm

Where: EHN Veterans’ One Stop Center
9565 Diana Drive, El Paso, TX