

Warrior Resiliency Team (WRT) TOP SHOT ARCHERY EVENT

Saturday, September 30, 2023
10 am – 12 noon

Caesar Ford Park | 520 S. Stringtown Road | Xenia, Ohio 45385

Archery has been around for centuries and has been used for hunting, combat, and recreation. In recent years, it has even become a form of therapy. For military veterans, archery can be an excellent way to promote physical and mental well-being. Whether you were a Special Operations Marine or Personnel Specialist, you can get into the sport and reap the benefits.

One of archery's therapeutic benefits is promoting physical fitness. Shooting a bow requires upper body strength and core stability, which can help overall well-being. Archery provides a low-impact way to work on strength and flexibility without putting excessive stress on the body.

Perhaps more importantly, archery can also promote mental wellness. Shooting a bow requires focus and concentration, which can clear the mind and reduce stress and anxiety. This can be especially beneficial for veterans who may be dealing with post-traumatic stress disorder (PTSD) or other mental health issues.

Join us for a fun and exciting day of learning the basics and competing to see how much you learned at the end of instruction. Refreshments, food, prizes, and fun will be provided. Email WRT@greencountyohio.gov to get registered. Must be a veteran.



(937) 562-6440
GCParksTrails.com

For details, call (937) 562-6020
www.GreeneVets.org