



War Memorial
Cultural Arts &
Community Center

HERO CANE PROGRAM

The Powhatan War Memorial Cultural Arts & Community Center is excited to announce a very special program for Disabled Veterans and Veterans with Mobility Issues.

The Hero Cane Program is designed to teach veterans a variety of stretches and exercises with their cane to increase strength, improve balance, and develop the mind. These exercises will help defend against the natural effects of aging like slips, trips and falls and improve the veteran's overall outlook. It may even help with issues associated with PTSD.

The program will provide transportation for the participants to the War Memorial building, and will provide lunch at no cost to them. Each participant will also receive a custom made cane.

If you would like to support this program, you can send a tax-deductible donation to:



WMCACC
P.O. Box 686
Powhatan, VA 23139

Please write
'Hero Cane Program' on your check!

Taught by:
Cane Loyalty
of Powhatan, Virginia
www.caneloyalty.com



For more information, please contact us at:
info@caneloyalty.com